

Identifying Depression

Losing a job, a fight with a loved one, or facing hard times can make a person feel sad, alone, or worried. Depression, however, is more than feeling sad. It is a medical condition that can affect anyone regardless of age and interfere with daily activities such as getting out of bed, working, or socializing. Overwhelming sadness, hopelessness, or anger can make it hard to function or enjoy usual activities.

Do you notice any of these signs?



BEHAVIORS

- Lack of energy
- Low motivation
- Withdrawal from social activities
- Poor concentration
- Becoming frustrated or upset more easily
- Problems with sleep
- Restlessness or trouble sitting still
- Decrease in personal hygiene (unwillingness to shower, brush teeth, or engage in self-care)
- Sudden changes in productivity (falling grades, no interest in work or seeing friends)
- Changes in appetite



FEELINGS

- Sadness
- Anger
- Guilt
- Hopelessness
- Shame that you are feeling these emotions
- Emptiness or not feeling anything at all

Have your symptoms lasted more than 2 weeks?

If yes, then you should seek medical help. Remember, most insurance plans in New York must provide coverage for mental health and substance use disorders, and ensure that this coverage is comparable to that for physical health conditions.



THOUGHTS

- Poor self-esteem
- Thoughts of suicide
- Thinking about harming/cutting yourself
- Trouble forming thoughts or words

Who gets depression?

- Women are 2x more likely to get depression
- About 1 in 10 people will experience depression in their lifetime.
- The first episode of depression commonly occurs between ages 20 and 30.

What can cause depression?

- Family history of depression or similar disorders.
- Poverty, unemployment, social isolation, and other stressful life events.
- Discrimination based on race, skin color, or religion.
- Unrealistic expectations imposed by the "model minority myth."
- Regular drug and alcohol use.