

October 11th 2012 is National Depression Screening Day



Scan Me!

Just as early detection is important in addressing health conditions like heart disease, diabetes, and cancer, early screening and intervention is equally important in mental health.

Depression is more than just the occasional “blues.” It is a serious illness that affects 19 million Americans a year. The *Center for Disease Control* estimates that nearly 1 in 10 adults report being depressed.

Depression is a mind and body health condition that interrupts everyday life activities. Relationships, work, sleep, eating, and how we think about ourselves are negatively affected. Depression is **NOT** something that one can simply snap out of or is a normal part of life. Depression is **NOT** a character flaw or a sign of being weak. Left untreated, depressive symptoms like other health conditions, very often worsen over time.

Depression comes in different types and may not look the same for everyone.
Major Depressive Disorder,

BiPolar Disorder, Seasonal Affective Disorder, Dysthymic Disorder, and Cyclothymic Disorder are just a few of those different types.

There is good news. With the correct treatment, 80–90% of folks report significant relief in a few weeks. The bad news is that less than half of folks struggling with depression seek out professional treatment.

National Depression Screening Day is a reminder to become educated about mental health, depression, and anxiety as well as a call to early intervention and treatment. Recovery is possible and starts with a consultation with your doctor and/or mental health provider.

Free on-line anonymous and confidential depression screening at:

www.mentalhealthamerica.net/llw/depression_screen.cfm



RESOURCES

- **City of Milwaukee Employee Assistance Program (EAP)**
414-286-3145
- **United Health Care (UHC) Care24 Members**
800-942-4746



Signs of Depression

- Sadness, anxiety, or “empty” feelings.
- Decreased energy, fatigue, being “slowed down.”
- Insomnia, oversleeping, or waking much earlier than usual.
- Loss of weight or appetite, or overeating, weight gain.
- Feeling of hopelessness, guilt, and worthlessness.
- Thoughts of death/suicide, or suicide attempts.
- Difficulty concentrating
- Restlessness, irritability, crying.