

Depression

Symptoms may include:

- ▲ Changes in sleep patterns
- ▲ Changes in appetite
- ▲ Being tired most of the time
- ▲ Inability to concentrate
- ▲ Loss of interest in usual activities
- ▲ Frequent crying
- ▲ Severe agitation and rage
- ▲ Hyperactivity
- ▲ Excessive worry

Joe's wife demanded that he do something about his "anger problem". He is always irritable and lashes out verbally at his family about minor things. He has chronic indigestion and frequent headaches. At work he gets into verbal sparring matches with his boss and co-workers.

Lynn has not felt like her usual self for a long time. She is always tired, feels overwhelmed and cries a lot. She finds it hard to concentrate at work. She has several projects that she started at work, but never completed.

At home she has no motivation so chores don't get done. She has difficulty falling asleep because she can't quiet her thoughts. She fluctuates between over-eating and having no appetite at all.

Heather, a 12-year-old, is moody and stays in her room most of the time. She watches a lot of TV, eats large amounts of candy, and sleeps a lot. She never wants to go anywhere and avoids any interaction with her family. She frequently verbalizes that everyone

hates her. Her grades are slipping and teachers have reported that she doesn't pay attention in school.

All of these cases represent the different faces of depression. Treatment for depression works. Consult with your healthcare professional or EAP to find assistance.

Resources for further information:

www.webmd.com/depression

www.mayoclinic.com/health/depression/dn99999

www.kidshealth.org/teen/your-mind/mental_health/depression.html

When something bad happens, it is normal to experience sadness, anger, grief, anxiety, or depression. If the unpleasant feelings come and go, last for a few weeks, and are not too severe, most people manage with their normal coping skills. They talk to family members and friends, and as time passes, they go on with their normal activities, and begin to feel better.

The illness of depression may occur with physical problems and illness, such as diabetes, asthma or heart disease; or environmental and relationship problems,

such as long-term severe stress, death of a loved one or divorce. Sometimes the cause isn't easy to discern. Depression and anxiety frequently occur together.

Treatment options include talk therapy, medication, and in very severe cases, hospitalization. Persistent thoughts of death or planning one's own death are the most serious symptoms of depression. Family members of a suicide victim may never fully recover from the impact of suicide, and children of suicide victim are at higher risk for suicide themselves.

Contact Workplace Solutions today for confidential assistance.

Professional counselors are available 24/7 by calling 800-327-5071.

A variety of educational and supportive resources are available online at www.wseap.com.