

Understanding depression



Depression can affect anyone

Feeling sad or blue is an emotion everyone experiences. It is a normal reaction to the ups and downs of life. It usually passes with time. When feeling sad or blue does not go away, you may have depression. In addition to feeling sad and blue, you can have other symptoms (see below). Depression can interfere with your daily life. It does not mean that you are weak; it means you need treatment to return to the best version of yourself.

Signs of depression

- Feeling sad or “blue”
- Sleeping too much or too little
- Eating too much or too little
- Feeling worthless
- Having less energy than usual
- Feeling hopeless
- Thinking about suicide or death
- Expecting the worst
- Decreased interest in activities and hobbies
- Withdrawing from family and friends

Talk with your doctor

Do any of the signs listed above seem familiar to you? If the answer is yes, be sure and let your doctor know. Depression is a common diagnosis and is very treatable. The right treatment means less disruption to your daily life and a higher quality of life over time.

6.7% of American adults suffer from depression in a given year.

Source: Depression and Bipolar Support Alliance



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