

Depression

Most people feel down at times, but with depression, these feelings are severe or long-lasting. Feelings of extreme sadness that last 2 weeks or longer are a sign of depression.

People who are depressed may:

- lose interest in activities they normally enjoy
- isolate themselves from others
- find little pleasure in life
- feel sad, disappointed, confused, anxious, or hopeless
- have aches and pains, fatigue, loss of appetite, sleep problems, etc.
- have thoughts of or talk about suicide (these people need help right away!)

The common cause of depression is an imbalance of certain chemicals in the brain. As devastating as depression can seem, usually it is successfully treated with medications. If you or someone you know suffers from these symptoms, a physician should be seen as soon as possible so that treatment may be started.