Depression is a Real Illness
Sadness is a mood. It’s something we all experience; a normal reaction to difficult times. Sadness usually passes with time.

Depression is an illness. It interferes with daily life and normal functioning. Depression can cause pain for both the person with depression, and those who care about them.

Depression is not a sign of weakness, and you can’t just "snap out of it." Most people who experience depression need treatment to get better.

The good news is that treatment can help.

Signs and Symptoms
Sadness is only a small part of depression. Some people with depression may not feel sadness at all. Depression has many other symptoms, including physical ones.

If you experience any of the following signs and symptoms for at least two weeks, you may be suffering from depression:
- Persistent sad, anxious, or “empty” mood
- Restlessness, irritability
- Feelings of hopelessness, pessimism
- Feelings of worthlessness, guilt, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, suicide attempts
- Persistent physical symptoms

Medical Illnesses Can Play a Role in Depression
Depression can accompany serious medical illnesses such as diabetes, cancer, and heart disease. Depression can make these conditions worse and vice versa.

Sometimes medications taken for these illnesses may cause side effects that contribute to depression. A doctor experienced in treating these complicated illnesses can help work out the best treatment strategy.

If you want to talk to a medical professional about depression or other health-related concerns, call our 24-Hour NurseLine.

Staffed around the clock, seven days a week, you’ll never be without a registered nurse to talk to when you have health-related questions.

Call our 24-Hour NurseLine toll-free at (855) 834-6150.
Depression Affects People in Different Ways
Not everyone who is depressed experiences every symptom.

The severity and frequency of symptoms, and how long they last, will vary depending on the individual and his or her particular illness. Symptoms may also vary depending on the stage of the illness.

It’s Treatable
Depression, even the most severe cases, can be treated. The earlier treatment begins, the more effective it is.

Most adults see an improvement in their symptoms when treated with antidepressant medications, talk therapy (psychotherapy), or a combination of both.

If you think you may have depression, start by making an appointment to see your doctor. This could be your primary doctor or a health provider who specializes in diagnosing and treating mental health conditions (psychologist or psychiatrist).

Certain medications and some medical conditions, such as viruses or a thyroid disorder, can cause the same symptoms as depression.

A doctor can rule out these possibilities by doing a physical exam, interview, and lab tests.

Your doctor can provide a depression screening for you during an office visit. This screening is a questionnaire that asks nine questions. It’s designed to help your doctor to better understand if you are experiencing depression. It can also help you and your doctor to treat your symptoms.

Questions?
Contact one of our Behavioral Health Clinicians at CommercialBehaviorHealth@pacificsource.com, or call toll-free (855) 258-1292.