



## Depression

Depression is a serious medical illness that involves the body, mood, and thoughts. It is more than feeling “down in the dumps” or “blue”; it is experiencing these moods or feelings for weeks at a time.

## Symptoms

- Persistent sad, anxious or “empty mood”
- Feelings of hopelessness, guilt, restlessness and irritability
- Fatigue, boredom with everyday activities, loss of appetite or excessive overeating

## Statistics

- Depression affects nearly 19 million Americans each year.
- Depression affects women twice as much as men.
- Depression is the second leading cause of lost work days.
- Individuals suffering from depression are less productive in the workplace, on average employees lose 2 hours of productivity a day.

## Tips

- If you are experiencing mild symptoms of depression, here are some tips to help you manage your illness:
  - Set realistic goals for yourself
  - Set priorities and break large tasks into smaller steps
  - Exercise
  - Talk to friends and family
- If your symptoms become overwhelming or unmanageable contact a mental health professional immediately.

**ADAMH is your community safety net. If you or someone you love needs help call 276-CARE, the front door to the ADAMH system of care.**

