

Depression Can Be Managed



Depression is an illness that involves the body and mind. Approximately 16 to 18 million people in America suffer from a depressive illness in any given year.

Children, teens, adults, and the elderly are all vulnerable to experiencing depression at some point in their lives.

Depression often interferes with normal functions and causes pain and suffering not only to those who have the disorder but also to those who care about them. Like any serious illness, depression should be treated. Unfortunately, the stigma associated with the disease often prevents many from seeking help and getting treated. With the right treatment a person can feel better.

Most people who seek treatment for depression experience some relief and many improve significantly. Depression often exists with other diseases including chronic pain, arthritis, diabetes, Parkinson's, cancer, eating disorders, and substance abuse, including the abuse of alcohol. It can also be associated with a major transition in life, such as the birth of a baby, divorce, or death of a loved one.

The following questions relate to the most common signs of depression. If you think that you or someone you care about is experiencing any of these signs for more than two weeks, answer "yes." The more yes answers you tally up, the greater the likelihood that you may be experiencing depression. If you believe that depression is a problem for you, seek help.

Signs of Depression

Check “yes” if you’ve been experiencing these signs for more than two weeks:

	Yes	No
Do you often feel miserable or sad?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have feelings of worthlessness or helplessness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to give or receive affection?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to do things you once enjoyed?	<input type="checkbox"/>	<input type="checkbox"/>
Have you lost interest in your work or hobbies?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent crying spells or do you feel like crying much of the time?	<input type="checkbox"/>	<input type="checkbox"/>
Is it hard for you to sleep without a sleep aid, such as an over-the-counter medication?	<input type="checkbox"/>	<input type="checkbox"/>
Are you more irritable than usual?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have any physical aches or pains (headaches, back pain, etc.) that can’t be explained?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sometimes feel tired for no reason?	<input type="checkbox"/>	<input type="checkbox"/>
Do you wake early and then sleep badly for the rest of the night?	<input type="checkbox"/>	<input type="checkbox"/>
Have you recently lost or gained weight rapidly?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had thoughts of death or suicide?	<input type="checkbox"/>	<input type="checkbox"/>

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