



The Lexington Group, Inc.

Your Employee Assistance Program

Depression: What You Need to Know

- What are the signs of depression?
- How do men cope differently than women?
- What should you do if you're depressed?

According to the National Institute of Mental Health, almost 1 in 10 adults suffer from depression. Depression is a real illness and carries with it a high cost in terms of personal struggle, relationship problems and family suffering.

The good news? Depression is highly treatable. Mental health experts say that up to 90% of those with serious depression can be treated successfully, but that it is imperative they seek care from a healthcare professional who has training and experience in helping people recover from depression.

Tragically, about 2 in 3 of those afflicted by depression never seek treatment, often because they are totally unfamiliar with its symptoms or feel shame to suffer from the condition. Do you know the signs of depression? Read the information below to learn more.

Symptoms of Depression

The symptoms of depression are highly recognizable—both to those affected and to those closest to them—once individuals know what to look for. If you experience several or more of the symptoms below for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine,

you may be suffering from depression and should seek professional help.

The standard symptoms of depression include:

- Persistent, sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities that were once enjoyable
- Decreased energy, fatigue, feeling “slowed down”
- Difficulty concentrating, remembering, or making decisions
- Trouble sleeping, early morning awakening, or oversleeping
- Changes in appetite and/or weight
- Restlessness or irritability
- Persistent physical symptoms. Examples include: headaches, digestive disorders, and chronic pain that does not respond to routine treatment.
- Thoughts of death or suicide attempts

Additional Symptoms of Depression in Men

Mental health experts say that while both women and men can develop the standard symptoms of depression, men often experience depression differently than women and may have different ways of coping. Frequently, male depression first shows up in physical symptoms, such as headaches, digestive disorders or sexual dysfunction. In addition to the standard symptoms of depression listed above, other common symptoms of depression in men can include:

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- Anger, lashing out, blaming
- Alcohol or drug abuse
- “Workaholism”
- Reckless behavior

Recovering from Depression

There are many effective treatments for depression, including therapy, medications and alternative treatments. An appropriate evaluation and diagnosis must precede any effective treatment. If you suspect that you or a family member may be suffering from depression, follow these guidelines:

1. See your regular physician. The first step is to see your regular physician and explain the symptoms you have been experiencing. Sometimes an actual physical illness can cause depression like symptoms, so that is why it is best to see your doctor first.
2. Seek the care of a licensed mental health professional. See a licensed mental health professional with training and experience in helping people recover from depression for further evaluation and treatment. Mental health professionals include psychiatrists, psychologists, counselors and social workers. Psychiatrists can prescribe antidepressant drugs because they are

physicians. Mental health professionals, who are not physicians, can provide therapy and often work with psychiatrists and family physicians to ensure that their patients receive the medications they may need.

3. Follow your treatment plan. Up to 90% of people with serious depression can be treated successfully with “talk” therapy, antidepressant medications, alternative treatments, or a combination of these. Successful treatment can remove all of the symptoms of depression and return you to your normal life.

For help with depression contact your Employee Assistance Program (EAP), The Lexington Group, for confidential access to counseling. We’re here to help.

Please note: Professional help should be sought immediately if a person is experiencing suicidal thoughts. Get help from persons or agencies specializing in crisis intervention and suicide prevention.

How The Lexington Group Can Help

The Lexington Group can help set up confidential Online or Face-to-Face Counseling. Caring and personalized help is at your fingertips. Request service and find out additional information at:
The-Lexington-Group.com

For 24/7 support call:

UNITED STATES & ENGLAND
1-800-676-4357

CANADA
1-800-567-4343

CAYMAN ISLANDS
1-855-328-1185

TTY
1-800-955-8339

