
Symptoms of Depression

Not everyone who is depressed experiences every symptom. Some people experience a few symptoms, some many.

- Persistent sad, anxious, or "empty" mood
 - Feelings of hopelessness, or pessimism
 - Feelings of guilt, worthlessness, helplessness
 - Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
 - Decreased energy, fatigue, being "slowed down"
 - Difficulty concentrating, remembering, making decisions
 - Insomnia, early-morning awakening, or oversleeping
 - Appetite and/or weight loss or overeating and weight gain
 - Thoughts of death or suicide; suicide attempts
 - Restlessness, irritability
 - Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain
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Where To Get Help

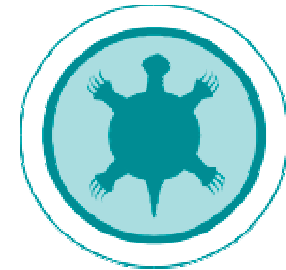
Listed below are the types of people and places you can contact for further information or treatment services.

- Family doctors
- Indian Health Service
- Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors
- Community mental health centers
- State hospital outpatient clinics
- Family service, social agencies, or clergy
- Employee assistance programs

Diabetes

And

Depression



Honoring Our Health Program

Turtle Mountain
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Depression Facts

Depression is a serious medical condition that affects thoughts, feelings and the ability to function in everyday life. Depression can occur at any age. American adults, or about 19 million people age 18 and older, experience some form of depression every year.

Often, individuals with depression do not realize that they are depressed. It is easy to attribute the depression to the diabetes.

Although available therapies treat symptoms in over 80 percent of those treated, less than half of people with depression get the help they need.

Depression results from abnormal functioning of the brain. Episodes of depression may then be triggered by stress, difficult life events, side effects of medications, or other environmental factors. Whatever its origins, depression can limit the energy needed to keep focused on treatment for other disorders, such as diabetes.



Diabetes and Depression

Depression may develop because of stress but also may result from the effects of diabetes on the brain. People who suffer from both diabetes and depression tend to have higher health care costs in primary care.

Many newly diagnosed diabetics go through the typical stages of mourning. These are denial, anger, depression and acceptance.

- **Denial:** This can be one of the more dangerous stages of the grief process. It may not occur only once. Many individuals cycle back to this phase several times.
- **Anger:** It really does seem unfair.
- **Depression:** Mild depressive feelings are a normal part of grieving and adaptation. As long as they do not last too long they may not be harmful. However, when the depression lasts a long time, becomes severe or interferes with diabetic management, one should seek prompt treatment.
- **Acceptance:** Individuals achieve different degrees of acceptance and inner peace.

How Family and Friends Can Help the Depressed Person

- The most important thing anyone can do for the depressed person is to help him or her get an appropriate diagnosis and treatment.
- Encourage the individual to stay with treatment.
- Offer emotional support
- Engage the depressed person in conversation and listen carefully.
- Do not ignore remarks about suicide. Report them to the depressed person's therapist.
- Encourage participation in some activities that once gave pleasure, such as hobbies, sports, religious or cultural activities, but do not push the depressed person to undertake too much too soon.
- Do not accuse the depressed person of faking illness or of laziness, or expect him or her "to snap out of it."

Keep reassuring the depressed person that, with time and help, he or she will feel better.