

Where Can Treatment be Obtained and Who will Pay for It

Most insurance companies cover the treatment of depression. It will be important to check with individual insurance companies to find out if behavioral health is a covered benefit.

A family doctor can refer a person to a clinic that treats depression. Others who can help or offer treatment include psychiatrists, psychologists, licensed social workers; community mental health agencies; psychiatric hospitals with outpatient clinics; social agencies; clergy; and others.

Phone numbers and addresses of behavioral health providers can be obtained online or in the phone book by looking at the "mental health" or "physicians" subheading.

Bibliography:

National Institute of Mental Health
US Department of Health and Human Services
National Institutes of Health
#07-5084

"When all things seem to fail, stand on your inner strength, shovel today's challenge for tomorrow's freedom."

Aniekee Tochukwu Ezekiel, Author



Detroit Wayne Mental Health Authority
707 W. Milwaukee
Detroit, MI 48207
313-344-9099
www.dwmha.com



WHY DO I FEEL BLUE?

Depression—A Handbook

24 Hour Crisis Line: 1-800-241-4949

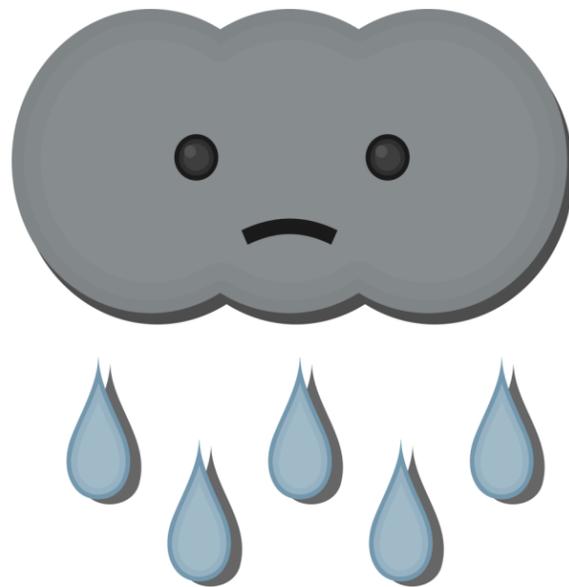


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Depression

WHEN THE BLUES DON'T GO AWAY

EVERYONE OCCASIONALLY FEELS SAD OR "BLUE" SOME-TIMES. THESE FEELINGS USUALLY PASS IN A DAY OR SO, BUT WHEN THESE FEELINGS AFFECT HIS/HER EVERYDAY LIFE AND ROUTINE—INCLUDING GOING TO WORK OR SCHOOL, TAKING CARE OF CHILDREN AND FAMILY, THEN THESE FEELINGS COULD BE CAUSED BY DEPRESSION. DEPRESSION CAUSES PAIN FOR THE PERSON WHO HAS IT AND FOR THOSE WHO CARE ABOUT HIM/HER.



WHAT ARE THE SYMPTOMS OF DEPRESSION

Not everyone diagnosed with depression will have all of the same symptoms. Signs and symptoms may be different in men, women, younger children, youth and older adults. Listed below are some of the more common signs and symptoms:

- ◆ Ongoing feelings of sadness, fearfulness, being "nervous" or feeling empty inside
- ◆ Feeling hopeless
- ◆ Feeling irritable and restless
- ◆ Losing interest in activities or hobbies that usually bring joy, including sex
- ◆

Why Do People Get Depressed?

There is no one reason for being depressed. Depression happens because of a combination of things including:

- ◆ **Genes:** Some types of depression run in families. Genes are the building blocks that make people who they are. Genes are usually passed down to children from their parents. Scientists are looking for the specific genes that cause depression—but this is not known at this time
- ◆ **Brain Chemistry:** When chemicals in the brain are not at the right levels, depression can occur. These chemicals in the brain communicate with each other and help with keeping them balanced. Pictures of the brain show that the brain looks different in people who are depressed than it does in those who are not. Scientists aren't sure why these differences occur, but continued research will hopefully offer some answers

- ◆ Feeling tired all the time
- ◆ Not able to concentrate, being forgetful, or not able to make decisions
- ◆ Changes in sleep habits
- ◆ Having thoughts of suicide or attempting suicide
- ◆ Overeating or not eating enough
- ◆ Aches and pains, headaches, cramps or problems with digestion that don't go away

Why Do People Get Depressed (continued)

Environmental and Psychological Factors: Losing a loved one, problems with children or an important relationship, and other stressful situations can cause symptoms of depression. Scientists continue to work to try and figure out why some people become depressed and others don't when faced with the same types of situations and/or stressors

TREATMENT OPTIONS

Therapy

Several types of therapy—also called "talk" therapy—can help people with depression. There are two types of therapy used to treat people with depression:

- Cognitive Behavioral Therapy—teaches people to change negative thoughts and behaviors that usually contribute to feeling depressed
- Interpersonal Therapy—helps people understand and work through problem personal relationships and/or situations that cause the depression

TREATMENT OPTIONS (continued)

Medications

Medications help to balance the chemicals in the brain—the imbalance of these chemicals causes the depression. Different medications affect different chemicals in the brain. Scientists aren't sure how these chemicals work, but they do know that they affect a person's mood.



FDA Warning On Anti-Depressants

Though anti-children and are largely safe, some studies have shown that they may have unintentional effects on some people, especially young people. In 2004, the US Food and Drug Administration (FDA) reviewed data from studies of anti-depressants that involved nearly 4400 children and teenagers being treated for depression. The review showed that 4% of those who took the anti-depressants thought about or attempted suicide (although no suicides occurred) compared to 2% of those who took sugar pills (NIH Publication #07-5084

E-Solutions to Treat Depression

DWMHA has made available to the community at large a web-site that will help people to manage symptoms of depression especially when the therapist or psychiatrist are not available. The website is myStrengths [Add web address](#)

