

# Depression

Persistent feelings of sadness, hopelessness, and loss of interest

**Severe, frequent** symptoms of depression, especially as a result of past or current **trauma**, can be debilitating as it **interferes with daily activities**, and can be **difficult to relieve**. Some may feel generally miserable and unhappy without really knowing why. (mayoclinic.org)

**Over 1/2 of those diagnosed with depression also suffer from anxiety.**

## What can depression look like?

(Summarized from the DSM-5)

Depressed mood most of the day, most days  
Feeling sad, empty, hopeless  
Irritability  
Little pleasure or interest in almost all activities  
Difficulty concentrating  
Feeling worthless

Tearful  
Significant weight loss or gain  
Difficulty sleeping  
Fatigue, loss of energy  
Recurrent thoughts of death or suicidal thoughts

Remember, most of these symptoms can be a normal response to stress, trauma, and loss. If symptoms become excessive, difficult to control, or interfere with everyday activities, please seek professional counseling and consult with your primary doctor.

If you think you may hurt yourself or have suicidal thoughts, call 911 or go to your local emergency room.

## How can you support someone with clinical depression?

- Recognize depression can affect anyone and the person cannot simply choose to “get over it.”
- Make a point to reach out. People with depression tend to isolate themselves.
- Pray for and with them.
- Listen. You don’t have to “fix” them.
- Encourage professional help.
- Take mentions of suicide seriously. If you think someone is in danger, don’t hesitate to call 911 or take them to your local emergency room.