



Signs of Depression

by NEWLIFEOUTLOOK TEAM

How To Know If You Have Depression

It's important to know the signs and symptoms of depression, so you can spot them in yourself and in loved ones. With between 9.5 and 16 million people suffering from depression in the U.S. alone, it's likely that at some point you will be affected by it, either directly or indirectly.

When you're depressed, it may seem like you're all alone and there's no way out, but know that this isn't true. Depression treatments are very effective and communities like New Life Outlook are filled with people who know exactly what you're going through. You just need to ask for help.

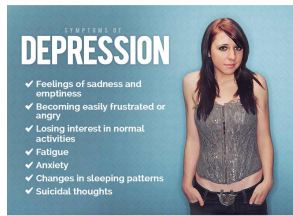
Read on to learn about the most common symptoms of depression and what you should do if you think you may be clinically depressed.



Depression is a **medical** condition that has a serious impact on a person's **mood, thoughts, behaviour and body.**



Depression is very real. It is **not** the same as simply having the blues.



Depression is the **strongest** risk factor for **suicide**



IF YOU THINK YOU HAVE
DEPRESSION



Talk to your DOCTOR

He or she can diagnose whether you are suffering from clinical depression and begin treatment.



Take your MEDICATION

If you have been prescribed medication, be sure to take it and give it time to work. If you have been on a certain medication for a couple months and you need to discontinue, ask your doctor about getting a different prescription.



Attend COUNSELING

Studies show antidepressants work best when paired with therapy. While some people feel uncomfortable with the idea of seeing a therapist, there is no shame in admitting you have a condition and doing something about it. Ask your doctor for a referral.



The importance of EXERCISE

Getting out of the house and getting your blood flowing is an easy way to improve your mood. Exercise releases endorphins in the brain and gives you something to focus on other than your negative thoughts. Walking a couple of blocks helps.



Talk to friends & FAMILY

You don't have to go through this alone. Talk to loved ones so they know you can rely on them to support you and tell them about what you're dealing with.



Continue with your TREATMENT

Don't stop going to therapy or taking your medication because you've started to feel better.



- Resources**
- 1. <http://www.mentalhealth.org.uk/information-services>
 - 2. <http://www.nhs.uk/mentalhealth/mentalillness>
 - 3. <http://www.nhs.uk/mentalhealth/mentalillness/02020>
 - 4. <http://www.nhs.uk/mentalhealth/mentalillness/02020/02020>
 - 5. <http://www.nhs.uk/mentalhealth/mentalillness/02020/02020/02020>
 - 6. <http://www.nhs.uk/mentalhealth/mentalillness/02020/02020/02020/02020>
 - 7. <http://www.nhs.uk/mentalhealth/mentalillness/02020/02020/02020/02020/02020>