

EMPLOYEE ASSISTANCE PROGRAM

NATIONAL DEPRESSION AND MENTAL HEALTH AWARENESS AND SCREENING MONTH

Depression is a common but serious disorder that is thought to be caused by a combination of genetic, biological, environmental, and psychological factors. According to the National Institute of Mental Health, more than 8 percent of all U.S. adults, an estimated 21 million Americans, had at least one depressive episode in 2020. Women are twice as likely as men to be diagnosed with depression.

Depression can also affect children and teens, although many times the illness goes unrecognized and untreated. Signs and symptoms of depression in youth include sadness, hopelessness, anxiety, irritability, isolation from family and friends, lack of energy and motivation, sleeping and/or eating too little or too much, worsening grades, poor hygiene, and use of alcohol or other drugs.

It's time to get professional help from a physician, therapist, or other mental health professional when symptoms of depression last for two weeks or more. EAP offers screening and assessment of depression in children and adults. If the person is in crisis or feeling suicidal, it's important to get help right away.

The good news is, even severe depression can be successfully treated with certain medications, psychotherapy, or a combination of the two. Electroconvulsive therapy (ECT) and other brain stimulation treatments may be options if symptoms persist.



<https://bit.ly/3OAVTaG>