

therapy can help

Talking out problems with a mental health professional can be helpful in treating depression. No matter how trivial you consider your problems to be, or how hopeless you feel in doing anything about them, a mental health professional takes your problems seriously and gives you undivided attention and direction.

begin self-help

Sometimes depression, especially one caused by a life situation, can be alleviated by following a healthy diet and regular aerobic exercise such as walking, bicycling or swimming. Scientists theorize that such exercise releases “feel-good” hormones in the brain that, in turn, can lift your spirits. Self-help often can enhance other methods of treatment.

toward recovery

It will take time for the depression to lift, but seeking help can be a positive step on the road to recovery. Almost everyone who experiences depression recovers and feels good again. It’s a step-by-step process, but the first small step leads to the next one and, with help, you’ll be able to cope with life again.

Help is available

Aspirus Employee Assistance Services has counselors available to help you and your family. You can call the confidential helpline 24 hours a day at:

800.236.4457
TDD# 715.845.4928

Remember,
Aspirus Employee
Assistance Services
is confidential.



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Understanding Depression



causes and treatment



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are you depressed?

Take a few minutes to answer these questions which may help you determine if you are experiencing depression.

1. *Do you feel discouraged or hopeless that life won't get any better in the future?*
2. *Do you have trouble sleeping or do you wake up earlier than usual?*
3. *Are you frequently worried about your health?*
4. *Is it becoming hard for you to make decisions? Do you have trouble concentrating?*
5. *Do you have less interest in sex or in other previously enjoyed activities?*
6. *Do you often think that dying would be the best "solution" to your problems?*

If you've answered "yes" to many of these questions, you may be suffering from depression.

Remember that you are not alone. An estimated 30-40 million Americans will experience a serious depression at least once in their lives.

what is depression?

Depression is not just a "slump" in mood. Instead, it is an on-going sadness that interferes with the ability to enjoy work and family life. Often it follows a loss or other stressful life experience, but it may occur without any discernible life-changing event. Depressed people are often overwhelmed by feelings of hopelessness and inaction, which makes it difficult for them to reach out to others. Depressed people are likely to experience one or more of the following:

- Prolonged loss of interest in home, work and personal appearance.
- Loss of interest in pleasurable activities.
- Sudden changes in eating or sleeping habits.
- Frequent, uncontrollable crying or moodiness.
- Frequent nervousness or grouchiness.
- Persistent feelings of hopelessness and isolation

what causes depression?

Physical causes of depression include illness and chemical imbalances (sometimes due to medications). Psychological or emotional causes include distressing or threatening changes - perhaps death of a loved one, divorce or loss of job - and continuing problems of emotional dependency and inadequate self-esteem.

If left untreated, depression can be debilitating with significant effects on family and personal life and work performance.

treatment for depression

Depression can be treated with a combination of support, medical intervention, counseling and self-help.

get support

Talk to a trusted loved one or friend. Don't be afraid to ask for help. Talking out the feelings of hopelessness and isolation is the first step to recovery.

see a doctor

Seeing a doctor can help determine the cause of depression. If you're not sure of the cause, start with your family physician. If you know that your depression is brought on by a life situation, ask your family physician for a referral to a psychiatrist or therapist. You can also call Aspirus Employee Assistance Services and speak with a counselor.