

There is Hope!

Many people experience depression. It is a serious medical condition that can be treated like any other medical condition. If not treated, it can get in the way of work, family and almost every aspect of your life. So, like other medical conditions, depression needs to be identified and treated the right way.

Learn how to recognize the signs at all ages, how to reach out for help and how to support someone you care about. The following are some of the causes of depression:

- **Biological**—An imbalance in brain chemicals may cause or contribute to clinical depression.
- **Cognitive**—People with negative thinking patterns and low self-esteem are more likely to develop clinical depression.
- **Gender**—Women experience clinical depression at a higher rate than men. Though the reasons are still unclear, they may include the hormonal changes women go through during menstruation, pregnancy, childbirth and menopause.
- **Co-occurrence**—Clinical depression is more likely to occur along with certain illnesses, such as heart disease, cancer, Parkinson's disease, diabetes, Alzheimer's disease and hormonal disorders.
- **Medications**—Side effects of some medications can bring on depression.
- **Genetic**—A family history of clinical depression increases the risk of developing the illness.
- **Situational**—Difficult life events, including divorce, job loss, financial problems or the death of a loved one, can contribute to clinical depression.

Reach Out For Help

- Set up an exam with a primary care physician or a mental health professional and share questions and concerns you have.
- Write down your signs of depression, along with any questions you may have about depression and its treatment.
- Learn more about depression. A health care professional or your local mental health association can recommend reading material about depression and local support groups.
- Be actively involved in your depression treatment. Tell your provider about any changes in your mood. Share any concerns you may have about getting better.

Go Online Today!

Log on to www.FOH4YOU.com to access *Depression Awareness* and other helpful resources in the Spotlight section. Or, call the FOH EAP at 800-222-0364 or 888-262-7848 (TTY users).