

Frequently Asked Questions About Depression



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Are more people depressed these days?

There has been an increase in the number of reported cases and the number of prescriptions for antidepressants. However, it is unclear whether this results from a true increase in depression or from increased recognition.

What is the difference between grief and depression?

Grief is a natural reaction to loss. But people with depression usually experience a sense of worthlessness, guilt and low self-esteem not common in normal grief reactions.

What are some of the risk factors?

While depression can affect anyone, researchers have identified certain risk factors including family history, alcohol use, physical illness, stress, medications, marital status and gender (depression affects more women than men).

When is being depressed a normal reaction and when is it truly major depression?

All of us have days when we feel “depressed.” A diagnosis of depression requires that you have these symptoms every day, or nearly every day, for two weeks.

How do most people react when they are diagnosed?

A diagnosis can come as relief or a terrible shock. Keep in mind that depression is a common and very treatable illness.

How can I expect others to react to my diagnosis?

Some may view the symptoms as character defects. On the other hand, your family and friends may be very supportive. Work with your therapist to handle any negative responses.

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