

Does depression look the same in everyone?

No. Depression affects different people in different ways. For example:

Women have depression more often than men. Biological, lifecycle, and hormonal factors that are unique to women may be linked to their higher depression rate. Women with depression typically have symptoms of sadness, worthlessness, and guilt.

Men with depression are more likely to be very tired, irritable, and sometimes angry. They may lose interest in work or activities they once enjoyed, have sleep problems, and behave recklessly, including the misuse of drugs or alcohol. Many men do not recognize their depression and fail to seek help.

Older adults with depression may have less obvious symptoms, or they may be less likely to admit to feelings of sadness or grief. They are also more likely to have medical conditions, such as heart disease, which may cause or contribute to depression.

Younger children with depression may pretend to be sick, refuse to go to school, cling to a parent, or worry that a parent may die.

Older children and teens with depression may get into trouble at school, sulk, and be irritable. Teens with depression may have symptoms of other disorders, such as anxiety, eating disorders, or substance abuse.

What can I do if I am struggling?

First, talk to your doctor about your symptoms. Your doctor should do an exam and ask you about your health history to make sure that an unrelated physical problem is not causing your symptoms. Your doctor may refer to you a mental health specialist, such as a psychiatrist, psychologist or mental health counselor.

It's ok to ask for help!

How can I help loved ones?

If you know people who are struggling with depression or anxiety, help them see a health care provider or mental health professional. You can also:

- Offer support, understanding, patience, and encouragement
- Invite them out for walks, outings, and other activities
- Help them adhere to their treatment plans, such as setting reminders to take prescribed medications
- Help them by ensuring that they have transportation to therapy appointments
- Never ignore comments about suicide, and report this to your loved one's healthcare provider or therapist
- Remind them that mental illness is treatable

National Suicide Prevention
Lifeline & Text Line (24/7)
Text or call: 988

Trans Lifeline
1-877-565-8860

The Trevor Project
1-866-488-7386

UnityPlace Access Center
(888) 311-0321

OSF Resource Link
(309) 624-9781

Children's Home Association of Illinois
(309) 685-1047

MentalHealth.gov at www.mentalhealth.gov,
NIMH website at www.nimh.nih.gov

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What is Depression & Anxiety?



Anxiety

Occasional anxiety is a normal part of life. You might worry about things like health, money, or family problems. But people with generalized anxiety disorder (GAD) feel extremely worried or feel nervous about every day circumstances and may experience physical symptoms that make it hard to function and find it difficult to control their anxiety and stay focused on daily tasks.

Generalized Anxiety Disorder?

- ◆ GAD develops slowly. It often starts during the teen years or young adulthood. People with GAD may:
- ◆ Worry very much about everyday things
- ◆ Have trouble controlling their worries or feelings of nervousness
- ◆ Know that they worry much more than they should
- ◆ Feel restless & have trouble relaxing or concentrating
- ◆ Be easily startled
- ◆ Have trouble falling asleep or staying asleep
- ◆ Feel easily tired or tired all the time
- ◆ Have headaches, muscle aches, stomach aches, or unexplained pains
- ◆ Have a hard time swallowing
- ◆ Tremble or twitch
- ◆ Be irritable or feel “on edge”
- ◆ Sweat a lot, feel light-headed or out of breath
- ◆ Have to go to the bathroom a lot

Children and teens often worry excessively about:

- Their performance, such as in school or in sports

Adults with GAD are often highly nervous about everyday circumstances, such as:

- ◆ Job security or performance
- ◆ Health
- ◆ Being late
- ◆ Finances
- ◆ The health and well-being of their children
- ◆ Completing chores and other responsibilities

Panic Disorder

People with panic disorder have sudden and repeated attacks of fear that last for several minutes or longer. These are called **panic attacks**. Panic attacks are characterized by a fear of disaster or of losing control even when there is no real danger. A person may also have a strong physical reaction during a panic attack. It may feel like having a heart attack. Panic attacks can occur at any time, and many people with panic disorder worry about and dread the possibility of having another attack. A person with panic disorder may become discouraged and feel ashamed because he or she cannot carry out normal routines like going to school or work, going to the grocery store, or driving.

Panic disorder often begins in the late teens or early adulthood. More women than men have panic disorder. But not everyone who experiences panic attacks will develop panic disorder.

What are the signs of Panic Disorder?

People with panic disorder may have:

Sudden and repeated panic attacks of overwhelming anxiety and fear

A feeling of being out of control, or a fear of death or impending doom during a panic attack

Physical symptoms during a panic attack, such as a pounding or racing heart, sweating, chills, trembling, breathing problems, weakness or dizziness, tingly or numb hands, chest pain, stomach pain, and nausea
An intense worry about when the next panic attack will happen

A fear or avoidance of places where panic attacks have occurred in the past

DEPRESSION

Everyone feels sad or low sometimes, but these feelings usually pass with a little time. Depression—also called “clinical depression” or a “depressive disorder”—is a mood disorder that causes distressing symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, symptoms must be present most of the day, nearly every day for at least 2 weeks.

What are the signs of Depression?

Sadness is only one small part of depression and some people with depression may not feel sadness at all. Different people have different symptoms. Some symptoms of depression include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies/activities
- Decreased energy, fatigue, or being “slowed down”
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide or suicide attempts
- Restlessness or irritability
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment