



Improving the mental health of the community through awareness, advocacy, and support.

Mental Health America of Northeast Florida

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Also look for us on Facebook and Twitter

If you or someone you know is in crisis now, seek help immediately.
Call United Way crisis center **211**. Or dial **911** for immediate assistance.



Living with
DEPRESSION 



We all have something
special to give.





Did you know that clinical depression is one of the most common mental illnesses? Although it affects more than 19 million Americans each year, only half of those suffering from depression seek treatment.

WHAT IS DEPRESSION?

Depression is a mental illness that causes people to lose pleasure from daily life. It can complicate other medical conditions and can even be serious enough to lead to suicide. Many factors can contribute to depression, including: biochemical imbalances in the brain, family history, difficult life events (such as divorce or the death of a loved one), side effects from medication, and negative thought patterns. Although there are many forms of depression, the two most common are major depressive disorder and dysthymia (a milder longer-lasting form of depression).

WHO GETS DEPRESSION?

Depression can occur in anyone, at any age, and to people of any race or ethnic group. Research indicates that as many as one in eight teens and 19 million adults suffer from clinical depression. Unfortunately, many people with depression resist treatment because they think that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

SYMPTOMS

Everyone should know the warning signs of depression and be ready to take action. The following symptoms may indicate depression, particularly if they last for two or more weeks:

- Withdrawal from friends, family, and other social activities
- Sadness and hopelessness
- Lack of enthusiasm, energy, or motivation
- Anger and rage
- Overreaction to criticism
- Feelings of being unable to meet expectations
- Poor self-esteem or guilt
- Indecision, lack of concentration, or forgetfulness
- Restlessness and agitation
- Drug and alcohol abuse
- Changes in eating or sleeping patterns
- Thoughts of suicide or death

TREATMENT

No single treatment approach works for everyone. A combination of medication, professional help, and support from family, friends, and peers help individuals with depression stabilize their emotions and behavior. Early detection and treatment can help one alleviate his or her symptoms.



HOW ARE YOU FEELING?

MHA offers online screenings to help identify symptoms, and to find the help you need to feel your best and healthiest. To learn more about our screenings, visit the MHA website at www.mhajax.org. Our screenings are confidential, online, and will take just a few minutes of your time.