

Depression: It's more than just the blues

We've all heard the word "depression." But what does it really mean to be depressed?

Is it the same as feeling sad or down? Not at all.

When you're sad you may feel unhappy, teary or blue. Sadness is triggered by something – an event, a loss, a hurt or a disappointment.

Visual cue text: Scene of a couple breaking up and woman is sad, a girl crying at a pet burial and a boy upset with an assignment that has an F grade.

So you feel sad about something you can identify.

And the sadness gradually goes away when things change or you adjust to the loss.

Visual cue text: Scene of a two girls eating dinner and talking, a girl playing with a new dog and a boy happy with an assignment that has a B+ grade.

Depression is different. When you're depressed, you're sad and it lasts for a long time – weeks or even months.

When you're depressed you may not feel like eating, going to work, being with friends or even getting out of bed in the morning.

And depression isn't necessarily caused by something you can put your finger on.

Your life may look rosy on the outside, yet, inside, you may feel heavy-hearted, lethargic and bad about things in general.

Visual cue text: Family eating dinner together and zooming in on woman who has a sad expression.

Sometimes depression can even lead to thoughts of suicide.

Visual cue text: Woman crying and dark cloud appearing above her head.

Many people hesitate to see a doctor if they think they're depressed. They may feel ashamed or embarrassed.

In fact, almost 10% of the American population suffers from depression every year! ¹ It's often called the "common cold" of mental health issues.

Footnote: ¹allaboutdepression.com

Some of the signs of depression can be chronic aches and other physical symptoms. In fact, many times people may think they're sick when they're actually depressed. Luckily, doctors can usually tell the difference between being physically ill and being depressed. And that's when life can start improving.

The good news is that depression can be treated successfully.

There are medications, counseling and other treatments that can help people recover and go back to living happy lives.

Visual cue: Woman sitting and looking hopeful while talking to a therapist

If you or someone you know seems down or blue for longer than a few weeks, try to connect with help.

Life can be beautiful when depression is behind you.

Visual cue: Woman at park with family looking happy.

Resources

On your member website, visit Health > Depression Resource Center and Suicide Resource Center

National institute of Mental Health website

National Alliance on Mental Illness. Text NAMI: 741741. Crisis Line: 1-800-950-NAMI

National Suicide Prevention Hotline: 1-800-273-8255

Disclaimer:

This video is intended for the sole purpose of education the viewer regarding topics of mental health and is not meant as a substitute for professional medical advice or treatment. Those who are at risk should seek immediate assistance from emergency personnel.

The Information provided in this video is not a substitute for diagnosis or treatment by a professional and is not meant to replace the advice of a professional. Please note that there may be many other explanations for any or all of the behaviors mentioned in this video. This information is not intended to be an exhaustive list of all signs concerning warning signs of suicide and should not be used as a stand-alone instrument. Contact a professional with any questions or concerns about specific health care needs.

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