

# DEPRESSION: EVERYTHING YOU NEED TO KNOW



Depression is the first disorder everyone thinks of when conversations around mental health are initiated. Feeling low, lethargy, loss of appetite are common symptoms associated with the condition. Fluctuation in moods is a significant marker of depression, which is why it is classified as a Mood Disorder. Beyond the surface, clinical depression is a much more complex illness. If untreated, it can lead to patients resorting to self-harm, violent behavior, and suicide.

According to WHO, more than 264 million people suffer from depression globally. Suicide is the 2nd leading cause of death among 15-29-year olds.

Depression affects men, women, and children differently. Family history, trauma, substance use, and abuse are some of the common causes of depression. Studies have shown that brain structure and chemicals in the brain are a significant factor in clinical depression. A few are affected by changes in seasons, getting depressed in the colder, darker months of the year. It is also a highly individualistic disorder with symptoms specific to the person, almost as if someone decided to randomly customize mood settings and dump it on the afflicted individual, without giving them the remote to re-calibrate.

Most people suffering from clinical depression experience symptoms related to their

- **Mood:** feeling low, unexplained anger, irritability.
- **Emotional well-being:** feeling hopeless, incompetent, despair.
- **Cognitive Behaviour:** loss of interest in all activities, thoughts of suicide, dark obsessions.
- **Physical well-being:** drastic weight changes, unexplained/constant aches, pain, fatigue, digestive issues, changes in menstrual cycles for women.
- **Sleep patterns:** insomnia, sleeping a lot, unable or unwilling to get out of bed, restless sleep.
- **Eating habits:** loss of appetite, over-eating, eating disorders.
- **Libido:** excessive or complete loss of interest, sometimes indulging in dangerous sexual activities as well.

Depending on the type and severity of symptoms, people are diagnosed by several methods including Physical exams, Laboratory tests, Psychiatric evaluation. Some of the commonly diagnosed types of clinical depression are:

1. Unipolar Major Depression
2. Persistent Depressive Disorder aka Dysthymia
3. Disruptive Mood Dysregulation Disorder
4. Premenstrual Dysphoric Disorder
5. Substance-Induced Mood Disorder (SIMD).

Some people with depression can also have other mental and physical health conditions teaming up to create their own, unique disorders like Anxious distress, Peripartum and Post-partum depression, Bipolar disorder, Manic Depression. Depression is treatable and can be prevented.



Read more about **DEPRESSION** and other mental health related articles on

[www.pamllc.us/resources](http://www.pamllc.us/resources)

Interested in a consultation? Request an appointment from our [website](#) or mail at

[telehealth@pamllc.us](mailto:telehealth@pamllc.us)

**NOTE**

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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