

Depression



Depression is a common but serious mood disorder that causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

Signs & Symptoms

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- 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
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

Risk Factors

- Personal or family history of depression
- Major life changes, trauma, or stress
- Certain physical illnesses and medications

Protective Factors

- Healthy diet, exercise, and development
- Reliable support and discipline from caregivers
- Emotional self-regulation
- Good coping skills and problem solving skills
- Subjective sense of self-sufficiency and positive self-regard
- Ability to make friends and get along with others
- Good peer relationships and supportive relationship with family
- Access to support services



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Where to Find Help

Depression, even the most severe cases, can be treated. The earlier that treatment can begin, the more effective it is. Depression is usually treated with medications, psychotherapy, or a combination of the two. No two people are affected the same way by depression and there is no "one-size-fits-all" for treatment. It may take some trial and error to find the treatment that works best for you.

Local Resources

Western CT Mental Health Network - Danbury Area
(203)448-3200

portal.ct.gov/DMHAS/WCMHN/Agency-Files/WCMHN-Danbury

Connecticut Counseling Centers, Inc.
(203) 743-7574
ctcounseling.org

Community Health Center
(203) 797-8330
chc1.com/locations/danbury/

Danbury Hospital - Community Center for Behavioral Health
Phone (203) 791-5187
danburyhospital.org/departments/behavioral-and-mental-health-at-danbury-hospital

United Way of CT - Call 2-1-1

Connecticut Suicide Advisory Board - preventsuicidect.org

NAMI Connecticut - namict.org

National Resources

National Suicide Prevention Lifeline at 1-800-273-TALK

Crisis Text Line - Text CT to 741-741

SAMHSA's National Helpline - 1-800-662-4357

