

# 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



# 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.

## 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](http://portal.ct.gov/DMHAS/WCMHN/Agency-Files/WCMHN-Danbury)

Connecticut Counseling Centers, Inc.  
(203) 743-7574  
[ctcounseling.org](http://ctcounseling.org)

Community Health Center  
(203) 797-8330  
[chc1.com/locations/danbury/](http://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](http://danburyhospital.org/departments/behavioral-and-mental-health-at-danbury-hospital)

United Way of CT - Call 2-1-1

Connecticut Suicide Advisory Board - [preventsuicide.org](http://preventsuicide.org)

NAMI Connecticut - [namict.org](http://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

