

Presbyterian

BEHAVIORAL HEALTH

Depression: Signs, Symptoms and Treatment

Facts About Depression

- **Depression is the #1 psychological disorder in the U.S.**
- **30,000 people in the U.S. take their own lives each year.**

Facts About Depression

- **Major Depressive Disorder (a severe form of depression) is associated with high mortality: Up to 15% of individuals with severe Major Depressive Disorder die by suicide.**
- **Suicide is the third leading cause of death among young people aged 15-24 years old.**

Risk Factors for Depression

- **Losses of any kind (grief, employment, financial, physical)**
- **Traumatic Life Events**
- **Chronic Illness**
- **Family history of depression**
- **Drug and Alcohol Use**

Symptoms of Depression

- **Depressed or irritable mood (sadness/tearfulness/negativity)**
- **Loss of interest or pleasure in most or all activities**
- **Significant weight loss or gain**
- **Insomnia or hypersomnia**
- **Psychomotor agitation or retardation**

Symptoms of Depression

- **Fatigue or loss of energy**
- **Feelings of worthlessness, excessive guilt or hopelessness**
- **Difficulty concentrating or indecisiveness**
- **Recurrent thoughts of death**
- **Suicidal thoughts**
- **Suicide attempt or plan**

Treatment of Depression

- **Screening/Assessment of symptoms and severity of illness**
- **Linkage to appropriate level of care**
- **Medication Management**
- **Counseling/Psychotherapy**
- **Structured environment as needed to ensure safety (i.e. inpatient if patient is high risk)**

Community Resources

- **911 (for individuals at imminent risk of harm)**
- **Presbyterian Emergency Department**
- **Presbyterian Behavioral Health ACCESS Department:**
 - **24-Hour ACCESS Line: (704) 384-4255**
 - **Free Walk-in Screening M-F 8:00am-4:00pm**
 - **Level of care assessment and referral service**
 - **Located at 200 Hawthorne Lane, 7th floor**

Community Resources

- **Presbyterian Psychiatric Associates (outpatient treatment and medication management)**
- **Presbyterian Adult Intensive Outpatient Program (intensive outpatient therapy)**
- **Presbyterian Child/Adol Partial Hospitalization Program**
- **Presbyterian Child, Adolescent and Adult Inpatient Units.**

Support Groups/Other Resources

- **Support Works (directory of local support groups)** www.supportworks.org
- **United Family Services (counseling and other support services)**
www.unitedfamilyservices.org
- **National Alliance for the Mentally Ill (education, advocacy and support group)**
www.nami.org

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**For additional information on
Presbyterian Behavioral Health
visit www.presbyterian.org or
call: (704) 384-4255**