

Depression

Depression – A person feels down or sad more days than not. These feelings can range from mild to severe lasting at least two weeks or longer.

Symptoms may include:

- Weight loss/gain
- Irritability
- Sadness
- Poor concentration
- Sleep problems
- Feelings of hopelessness
- Feelings of helplessness
- Thoughts of suicide
- Lack of interest in sex
- Feelings of guilt
- Loss of pleasure
- Negative thoughts
- Feeling discouraged
- Indecisiveness
- Loss of energy
- Fatigue

How Depression Can Affect Your Family

- Feel emotionally distant from your loved one
- Lack of communication with your loved one
- Loved one may not want to participate in family social activities
- Lack of sexual activity
- Feeling anger toward loved one
- Feeling hurt by loved one
- Feeling helpless that he/she cannot help loved one overcome depression
- Feeling discouraged that your loved one cannot overcome the effects of depression
- Feeling rejected by loved one
- Feeling worried
- Feeling frustrated

Treatment for Depression while at Shepherd Center

- Provide individual and/or group treatment to monitor and treat depression.
- Refer to doctor for medication.
- “Talk therapy”
- Educate that depression is a normal response to the situation.

Depression

- Cognitive behavioral therapy (e.g., increase activity, monitor negative self -thoughts, mood logs, etc.)
- Community re-integration to gradually and safely increase activity level to reduce symptoms of depression

How You Can Help Your Loved One

- Listen without judgment.
- Encourage your loved one to talk with health professionals about his/her symptoms.
- Ask your loved one what she/he may need at a particular time (e.g., a hug, space, etc.).
- Be patient.
- Do not take the behavior personally.
- If your loved one is suicidal, call 911 or take him/her to the nearest emergency room.

How Family Members Can Help Themselves

- Learn about depression.
- Acknowledge it is not your job to know how or to treat the depression.
- Spend time with friends and family.
- Join or start a support group.
- Take care of yourself (eat, sleep, exercise and do things that feel good to you).
- Try to maintain a routine for you and your family.
- See a therapist or counselor.

How Clients Can Help Themselves

- Do not judge your feelings.
- Talk with a health professional about your symptoms.
- Be patient.
- Learn about depression.
- Spend time with friends and family.
- Take care of yourself (eat, sleep, exercise and do things that feel good to you).
- Try to maintain a routine for you and your family.
- Take medication, if needed and prescribed.