

Worried About **Depression?**



We all feel down sometimes

But maybe you or a loved one has felt this way for too long and feel like things will never change. If this sounds familiar, it might be time to seek therapy or counseling. Here are some questions you can ask if you're concerned.

- Do you feel helpless, hopeless, and don't know how to get motivated to get out of that place?
- Feeling depressed for most of the day most days?
- Do you cry more than usual or alternatively not feel any emotions?
- Are you eating or sleeping more or less than usual?
- Would you rather be by yourself than spend time with family and friends?
- Are the things you like to do not much fun anymore?
- Have you been feeling this way for more than a few months with no end in sight?

If the answer to most of these questions is yes, then it's probably time to visit a therapist or counselor. Major depression symptoms include change in sleeping eating habits; isolating from friends and family, lack of joy from things that normally bring you happiness, having a bleak outlook on your future...even being irritable or angry much of the time.

Major depression is when symptoms interfere with daily activities for more than 3 months. It's when the world feels dismal most of the day for most days. We might isolate, under-eat, overeat, have insomnia or sleep too much, isolate from family or friends; generally we don't feel much joy. We may also have problems in our relationships with others or we may experience problems at work. In fact, sometimes when we are deeply depressed, we feel like life is not worth living.

There is help for people with depression within a safe therapeutic relationship. Please take advantage of the help that's available: if you or someone you care about appears to be suffering from depression, please reach out.

Call Cate DiMarzio, LCPC
Licensed Clinical Professional Counselor
(207) 846-1008

Or visit

www.CateDiMarzio.com

People with depression sometimes feel so hopeless or helpless they think about suicide. If you are thinking about suicide, Please seek help immediately. The Maine Crisis Line is 1-888-568-1112. There is help for you.