10 Things You Should Know About Depression

October has been deemed National Depression Education and Awareness Month, a month dedicated to spreading knowledge about the [mental illness](https://www.who.int/news-room/fact-sheets/detail/depression#:~:text=An%20estimated%203.8%25%20of%20the,world%20have%20depression%20(1).) that impacts an estimated 3.8% of the world, or about 280 million people, according to the World Health Organization (WHO). The more we know about the illness, the better our chance of treating it. That is why we are sharing 10 things you should know about depression today.

# Know the Signs and Symptoms

The first thing a person should know about depression is when you or someone you know is experiencing signs and symptoms of the disorder. While the mental illness can manifest in many different ways, a few common signs and symptoms include:

* Low moods, including sadness, irritability, numbness, and hopelessness
* Low self-esteem and feelings of guilt
* A loss in things that once brought you joy
* Social isolation
* Foggy brain
* Changes in eating or sleeping patterns
* Fatigue, low energy, or excessive tiredness
* Thoughts about death or suicide
* Self-harming or reckless behavior

# Know That it is One of the Most Common Mental Illnesses in the United States.

The National Institute of Mental Health (NIMH) has reported that, in 2021, major depression was one of the most common mental health conditions experienced in the United States. The report found that about 21 million adults in the U.S. had experienced a [major depressive episode](https://www.nimh.nih.gov/health/statistics/major-depression#:~:text=Major%20depression%20is%20one%20of,carry%20out%20major%20life%20activities.), representing a whopping 8.3% of U.S. citizens aged 18 and older.

# Know That It Affects Women More Often Than Men.

According to a report by the World Health Organization, [depression](https://www.who.int/news-room/fact-sheets/detail/depression) is about 50% more common in women than men. More than 10% of the world’s recently postpartum women experience depression.

# Know That Depression Often Exists Alongside Anxiety

[Depression and anxiety](https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2020.20030305) are two vastly different conditions that often coexist. One study found that 45.7% of those with lifetime major depressive disorder also had some form of an anxiety disorder.

# Know That There Are Effective Treatments Available

Depression is not a condition one has to suffer with in silence. The treatment options available have been widely studied and found to be effective for patients seeking healing.

# Know The Effective Treatment Options

Effective treatment options for depression include:

* Medication
* Psychotherapy, like cognitive behavioral therapy (CBT), interpersonal psychotherapy, family and couple’s therapy, problem-solving therapy, etc.

# Know The Different Types of Depression

* Major depression
* Persistent depressive disorder
* Perinatal depression
* Seasonal affective disorder (SAD) or seasonal depression
* Depression with psychosis
* Bipolar disorder

# Know That Depression Can Affect Anyone

It doesn’t matter a person’s age, ethnicity, gender, or life history- depression can impact anyone anytime.

# Know The Risk Factors of Depression

While depression can impact anyone at any time, there are a few factors that place a person at high risk of developing the illness, including:

* Trauma and/or grief
* Genetics
* Biology
* Familial history
* Physical illness or injury
* Stress

# Know That We Are Here for You

If you are experiencing the signs and symptoms of depression, our mental health professionals are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today, and we will work with you on your path to healing. You don’t have to face this journey alone.

**References**

<https://www.who.int/news-room/fact-sheets/detail/depression#:~:text=An%20estimated%203.8%25%20of%20the,world%20have%20depression%20(1)>.

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