

## How Do You Know When To Seek Treatment For Depression?

When you are considering treatment for depression, for yourself or someone you care about, begin by considering the following:

***Is there a lifestyle disruption?*** You can prevent difficult circumstances from getting worse by acting. Depression does not have to lead to health problems, loss of employment, or social/family alienation.

***Acute depression, left untreated, turns chronic.*** Before settling into a "depressive lifestyle," be proactive. Seek help and resolve depression early before it becomes a chronic pattern.

***Are there thoughts of suicide?*** Suicide is a tragic and irreversible response to temporary problems. Prevention is everything in this case.

If you answer "yes" to either of these two questions, you are at high risk and should consult a qualified professional.

1. Have you been feeling down, blue, or sad for one month or more?
2. In the last month, have you stopped or lost interest in those things that usually bring you pleasure?

A "yes" answer to these two questions has been shown to correlate highly ( $r=.90$ ) with formal standardized measures of clinical depression.

**When depression first begins to affect your life, you should seek treatment before things get worse.** *Only 25% of individuals who suffer from depression seek treatment. The other 75% believe that somehow things will just magically get better.* **Clinical depression doesn't get better over time, it gets worse. Those who choose to suffer needlessly, don't suffer alone. Depression is contagious-- family members and friends suffer along with you!**