

DEPRESSION OCCURS IN ALL WALKS OF LIFE
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With the 2 recent high profile suicides of Kate Spade and Anthony Bourdain, I feel this is the perfect time to discuss depression. According to the American Foundation for Suicide Prevention, depression is the most common condition associated with suicide. As I have stated in a past article, Depression is not something a person can just get over, and not something necessarily caused by a life situation. I was surprised by some of the comments I saw from people on facebook such as, "Who cares about celebrities." I found that to be downright mean. The parents, children, spouses, family and friends of Kate and Tony, as his friends called him, definitely care.

This just goes to show you that depression doesn't care if you are rich or poor. It is a disease and it doesn't care who you are. A person with depression cannot just suck it up and make it go away. Depression is not just a bad day. A person who is sad for a few days after the loss of a loved one, is not necessarily suffering from depression. This may just be a normal response to a sad situation in their life. If you continue to feel sad for more than two weeks, you may have what is referred to as clinical depression. Clinical depression is caused by a chemical imbalance in your brain; and must be treated by a health care professional just like any other illness. Depression is not something to be embarrassed about; it is no different than having a broken bone. If you fell and broke your leg you more than likely would not have an issue with getting a cast; if you are struggling with depression you need to seek professional assistance with this as well.

Suicide warning signs in a person include: changes in behavior or the presence of entirely new behaviors, talking about killing themselves, increased use of alcohol or drugs, searching ways to end their lives, withdrawing from activities, isolation from friends, sleeping too much or too little, visiting or calling people to say goodbye, giving away prized possessions, aggression and fatigue.

I think a comment I heard once at a funeral sums it up best, "Some people die from cancer and others from depression."

Please get help if you feel you are experiencing depression. Immediately seek help from your healthcare provider or call 1-800-273-8255 for the National Suicide Prevention Lifeline.