

## ARE YOU OR SOMEONE YOU LOVE SUFFERING FROM A DEPRESSIVE DISORDER?

There are many different types of depressive or MOOD DISORDERS listed in the “Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, DSM-IV”.

The most common disorders are Major Depressive Disorder and Bipolar Disorder (previously named Manic Depressive Disorder) but did you know other diagnosed mood disorders are Dysthymic Disorder, Depressive Disorder, NOS, Bipolar I and Bipolar II Disorder, Cyclothymic Disorder, Mood Disorder Due to a General Medical Condition, and Mood Disorder, NOS? Each of these disorders brings with their specific signs, symptoms and severities.

Family and friends are often the first to recognize/observe and report signs and symptoms of these various depressive disorders. If you have observed some of the symptoms listed below maybe it is time to discuss this with this person so you can effect a positive change for them.

Various symptoms often observed by the depressed individual and/or others close to them:

1. Unexplained various aches, pains, headaches, lethargy, lack of motivation and energy.
2. Inability to enjoy activities previously important to the individual.
3. Isolation from family and friends who are important to the individual.
4. Depressed mood much of the day nearly every day for a two week period.
5. Significant weight loss or weight gain without purpose.
6. Increase or loss in appetite.
7. Insomnia or hypersomnia on a consistent basis.
8. Unexplained fatigue and loss of energy.
9. Feelings of worthlessness or excessive or inappropriate guilt.
10. Diminished ability to think, concentrate or made decisions.
11. Low self esteem.
12. Feelings of hoplessness.
13. Unexplainable mood swings, depressed, expansive, elevated or irritable.
14. Inability to function socially, occupationally or other areas of daily functioning.
15. Recurrent thoughts of death.

This list is not meant to take the place of seeking professional help. It is a guide to direct you to new awareness regarding the various types of depressive disorders and to lead you to make changes that are necessary for ones' well being. There are various proven interventions that help with depressive disorders but the most clinically proven methods are to seek psychotherapy from a licensed professional and to engage ancillary medication management of psychotropic medications from a psychiatrist and/or trusted physician who has extensive experience with the management of psychotropic medications.