

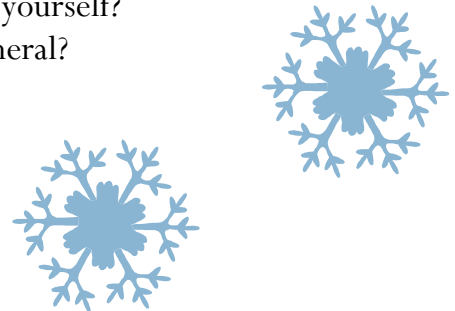


# Is it the Winter Blues or Depression?

After the holiday season is over and the hustle and bustle and glitter are gone, we often feel a sense of 'let down'. This feeling is sometimes referred to as the "post holiday blues". It could also be the onset of Seasonal Affective Disorder (SAD) which is considered to be the result of sunlight deprivation. Whatever the reason, we all experience feeling sad at some times in our lives because sadness is a normal part of life. However, when sadness never turns to gladness, it becomes clinical depression. Authorities consider clinical depression the nation's leading mental health problem. Tragically, only one-third of those who suffer from depression ever seek treatment.

Following are questions that will help you identify whether or not you or a loved one are experiencing the signs and symptoms of depression.

1. Do you often feel:  
 Sad?  
 Lethargic?  
 Pessimistic?  
 Hopeless?  
 Worthless?  
 Helpless?
2. Have you recently:  
 Been drinking more alcohol than before?  
 Been taking more mood altering drugs than before?  
 Engaged in risky behavior?
3. Recently, have you:  
 Lost interest in things that used to give you pleasure?  
 Had problems at work or in school?  
 Had problems with your family or friends?  
 Isolated yourself from others (or wanted to)?
4. Recently, have you:  
 Had little or no energy?  
 Felt restless and irritable?  
 Had trouble falling asleep, staying asleep, or getting up in the morning?  
 Lost your appetite or gained weight?  
 Been bothered by persistent headaches, muscle or joint pain?
5. Do you often:  
 Have difficulty making decisions?  
 Have trouble concentrating?  
 Have memory problems?
6. Have you recently thought about:  
 Death?  
 Hurting yourself?  
 Your funeral?



If you answered 'yes' to more than two of these questions, you may be suffering from depression.

**Contact CONCERN Services at 513-891-1627 / 800-841-5002 for confidential assistance.**