



Huron County Board of Mental Health and Addiction Services

2 Oak Street • Norwalk, Ohio 44857 • 419-681-6268

Anxiety and Depression Awareness Week

May 18-23, 2021

The following information is not intended to provide a medical diagnosis of depression nor anxiety and cannot take the place of seeing a behavioral health or medical professional. If you think you are depressed or are struggling with anxiety, talk with your doctor or a mental health professional immediately. This is especially important if your symptoms are getting worse or affecting your daily activities.

Many people who experience depression also have other mental health conditions and anxiety disorders often go hand in hand with depression. For Anxiety and Depression Awareness Week we would like to highlight what depression and anxiety are, the symptoms, and how to get help if you or a loved one may be struggling.

Depression and Anxiety Disorders are Not the Same: We would like to point out that depression and anxiety disorders are different, however, people with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping or concentrating. But each disorder has its own emotional and behavioral symptoms so it is important that they are addressed independently.

DEPRESSION

What is Depression? In general, about 1 out of every 6 adults will experience depression at some time in their life. An estimated 264 million people worldwide live with depression daily and according to the National Institute of Mental Health, in 2017, around 17.3 million adults ages 18 or older in the U.S. had experienced at least one major depressive episode in the last year (6.7% of adults in the U.S.). In addition, depression is the leading cause of disability in the United States among people ages 15-44.

It is important to know that depression is more than just feeling down or having a bad day. When a sad mood lasts for a significant amount of time and interferes with normal, everyday functioning, you may be experiencing depression. Some symptoms of depression may include:

- Feeling sad or anxious often or all the time
- Not wanting to do activities that used to be fun
- Feeling irritable, easily frustrated, or restless
- Having trouble falling asleep or staying asleep
- Waking up too early or sleeping too much
- Eating more or less than usual or having no appetite
- Experiencing aches, pains, headaches, or stomach problems that do not improve with treatment
- Having trouble concentrating, remembering details, or making decisions
- Feeling tired, even after sleeping well
- Feeling guilty, worthless, or helpless
- Thinking about suicide or hurting yourself

What Does Depression Look Like? Losing a loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely, and scared. These feelings are normal reactions to life's stressors. Most people feel low and sad at times. However, in the case of individuals who are diagnosed with depression as a psychiatric disorder, the manifestations of the low mood are much more severe and they tend to persist over long periods of time.

Depression tends to occur more often in women than men. Some differences in the manner in which the depressed mood manifests have been found based on a person's sex and age. In men, depression presents often as tiredness, irritability, and anger. They may show more reckless behavior and abuse drugs and alcohol as a coping mechanism. Men also tend to not recognize that they are depressed and unfortunately fail to seek help. In women, depression tends to present as sadness, worthlessness, and guilt. In younger children, depression is more likely to present as school refusal or anxiety when separated from parents. Teens struggling with depression tend to be irritable, sulky, and can get into trouble in school.



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Types of Depression

There are different types of depressive disorders, and while there are many similarities among them, each depressive disorder has its own unique set of symptoms.

- *Major Depressive Disorder* is the most commonly diagnosed form of depression. Major depression is characterized by having at least five of the common symptoms listed above. The symptoms persist for two weeks or longer and represent a significant change from previous functioning.
- *Persistent depressive disorder* (dysthymia). The essential feature of this mood disorder is a low, dark, or sad mood that is persistently present for most of the day and on most days, for at least 2 years (children and adolescents may experience predominantly irritability and the mood persist for at least 1 year).
- *Adjustment Disorder with Depressed Mood* is diagnosed when symptoms of depression are triggered within 3 months of onset of a stressor. The stressor usually involves a change of some kind in the life of the individual which he/she finds stressful. Sometimes the stressor can even be a positive event such as a new job, marriage, or baby which is nevertheless stressful for the individual.
- *Seasonal Affective Disorder (SAD)* is another type of depression that is related to changes in the length of days or seasonality. Individuals with SAD suffer the symptoms of a Major Depressive Disorder only during a specific time of year, usually winter. This appears to be related to the shorter days of winter, and the lack of sunlight in many parts of the country.

ANXIETY

What is Anxiety? Occasional anxiety is an expected part of life. You might feel anxious when faced with a problem at work, before taking a test, or before making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety is continuous and may get worse over time. Did you know...

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.
- People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.
- Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

Types of Anxiety

The symptoms of anxiety can interfere with daily activities such as job performance, schoolwork, and relationships. There are several types of anxiety disorders listed below:

Generalized Anxiety Disorder: People with generalized anxiety disorder (GAD) display excessive anxiety or worry, most days for at least 6 months, about a number of things such as personal health, work, social interactions, and everyday routine life circumstances. Generalized anxiety disorder symptoms include:

- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Having difficulty concentrating; mind going blank
- Being irritable
- Having muscle tension
- Difficulty controlling feelings of worry
- Having sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep



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Panic Disorder: People with panic disorder have recurrent unexpected panic attacks. Panic attacks are sudden periods of intense fear that come on quickly and reach their peak within minutes. During a panic attack, people may experience:

- Heart palpitations, a pounding heartbeat, or an accelerated heart rate
- Sweating
- Trembling or shaking
- Sensations of shortness of breath, smothering, or choking
- Feelings of impending doom
- Feelings of being out of control

Phobia-related disorders: A phobia is an intense fear of specific objects or situations. Although it can be realistic to be anxious in some circumstances, the fear people with phobias feel is out of proportion to the actual danger caused by the situation or object.

Social anxiety disorder: People with social anxiety disorder have a general intense fear of, or anxiety toward, social or performance situations. They worry that actions or behaviors associated with their anxiety will be negatively evaluated by others, leading them to feel embarrassed.

Agoraphobia: People with agoraphobia have an intense fear of two or more of the following situations:

- Using public transportation
- Being in open spaces
- Being in enclosed spaces
- Standing in line or being in a crowd
- Being outside of the home alone

Separation anxiety disorder: People who have separation anxiety disorder have fears about being parted from people to whom they are attached. They often worry that some sort of harm or something untoward will happen to their attachment figures while they are separated.

TREATMENTS AND THERAPIES

As previously mentioned, depression and anxiety are different conditions, but they commonly occur together and they also have similar treatments. There are many ways to treat depression and anxiety and people should work with a doctor or behavioral health professional to choose the treatment that is best for them. In addition to professional treatment, lifestyle changes, such as improving sleep habits, increasing social support, using stress management techniques, or getting regular exercise, also may help. Below are some treatment and support options:

- *Counseling*
 - Mental health treatment from a behavioral health professional can help people with depression and anxiety disorders. Professional counseling can teach people different ways of thinking, behaving, and reacting to various situations that may cause feelings of depression or anxiety.
 - Below is contact information for local behavioral health professionals
 - Family Life Counseling & Psychiatric Services: 567-560-3584
 - Firelands Counseling & Recovery Services: 419-663-3737
- *Support Groups*
 - Some people with depression and anxiety disorders might benefit from joining a self-help or support group and sharing their problems and achievements with others. NAMI of Huron County offers monthly support groups in person and virtual. Contact 419-677-0714 for more information.
- *Stress Management Techniques*
 - Stress management techniques and meditation can help people with depression and anxiety disorders calm themselves and may enhance the effects of therapy. For a list of stress management techniques, visit <https://www.hcbmhas.org/resources>.



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- *Talk to your doctor*
 - If your symptoms of depression or anxiety continue to worsen, we strongly suggest seeking help from a medical professional.

Getting Help in a Crisis

If you or someone you know is in crisis and having thoughts about self-harm or suicide, please seek immediate help. The following resources can help:

- Huron County Crisis Hotline: 800-826-1306
- Crisis Text Line: Text “4HOPE” to 741741
- National Prevention Lifeline: 1-800-273-TALK (8255) to reach a 24-hour crisis center
- Call 911
- Call your mental health provider.
- Get help from your primary doctor or other health care provider.
- Reach out to a close friend or loved one.
- Contact a minister, spiritual leader, or someone else in your faith community.

Sources: <https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>

<https://www.mayoclinic.org/diseases-conditions/depression/expert-answers/depression-and-anxiety/faq-20057989>

<https://adaa.org/understanding-anxiety/depression>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<https://adaa.org/understanding-anxiety>

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