

Depression:

Break Free from Depression from Boston Children's Hospital

Signs to Look For:

- Change in mood for more than two weeks, which is a depressed or irritable mood, most of the day, nearly every day
- Isolation from other people
- Not doing things he/she typically likes to do
- Significant change in eating and/or sleeping habits
- Seeming sad, withdrawn, angry, or irritable
- Talking about death or suicide
- Picking fights, getting into trouble, using drugs
- Agitated and can't stay still, restless
- Worthlessness or excessive or inappropriate guilt
- THE ABOVE SYMPTOMS ARE TOO INTENSE FOR PERSON TO HANDLE/MANAGE ON OWN

FACTS:

- People who suffer from depression have negative thoughts about themselves, the world, or their future
- Three levels of depression: mild, moderate, and severe
- 1 in 5 adolescents will experience an episode of depression before 18
- Before puberty, boys and girls are equally likely to suffer from depression; after age 15, girls are twice as likely

Warning signs for a possible suicide attempt:

- Preoccupation with death related topics
- Talking about suicide
- Erratic behavior changes
- Sudden changes in personality
- Giving away special things
- Taking excessive risks
- Increased drug/alcohol use

- Decreased interest in usual activities
- Increased isolation
- Excessive feelings of guilt
- Getting weapons

Most people who attempt suicide do not want to die, but due to their depression (which clouds their judgment) they see it as the only option to end their emotional pain

Resources:

www.suicidepreventionlifeline.org

www.afsp.org

www.hopeline.com

www.thetrevorproject.org

www.jedfoundation.org

www.halfofus.org

www.yourlifeyourvoice.org

www.familyaware.org

www.save.org

www.thebalancedmind.org

www.findtreatment.samhsa.gov

www.helpguide.org

Depression (<http://www.adaa.org/understanding-anxiety/depression>) is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general for more than two weeks and when the feelings interfere with daily activities. Major depression is a treatable illness that affects the way a person thinks, feels, behaves, and functions. At any point in time, 3 to 5 percent of people suffer from major depression; the lifetime risk is about 17 percent.

Facts and Statistics

Anxiety disorders are the most common psychiatric illnesses affecting children and adults. An estimated 40 million American adults suffer from anxiety disorders. Only about one-third of those suffering from an anxiety disorder receive treatment ([/finding-help/treatment](#)), even though the disorders are highly treatable.

Find more facts about anxiety disorders. ([/about-adaa/press-room/facts-statistics](#))

En Español

- Trastorno de ansiedad generalizada (<http://holadoctor.com/es/enfermedades-y-condiciones/trastorno-de-ansiedad-generalizada>)
- Estrés y ansiedad (<http://holadoctor.com/es/trastornos-mentales-y-de-comportamiento/ansiedad>)
- Trastorno obsesivo-compulsivo (<http://holadoctor.com/es/major/trastorno-obsesivo-compulsivo-ocd>)
- Trastorno de pánico (<http://holadoctor.com/es/trastornos-mentales-y-de-comportamiento/ataques-de-p%C3%A1nico-y-trastorno-de-p%C3%A1nico>)
- Trastorno de estrés postraumático (TEPT) (<http://holadoctor.com/es/trastornos-mentales-y-de-comportamiento/trastorno-por-estr%C3%A9s-postraum%C3%A1tico>)

Videos

[See what people with anxiety disorders \(http://www.adaa.org/about-adaa/press-room/multimedia/anxiety-stories\)](http://www.adaa.org/about-adaa/press-room/multimedia/anxiety-stories) are saying about how they manage.

[Watch or download videos \(http://www.adaa.org/about-adaa/press-room/multimedia/videos\)](http://www.adaa.org/about-adaa/press-room/multimedia/videos) on how to manage and overcome stress and anxiety, including how to reduce stress, the differences between normal everyday anxiety and an anxiety disorder, how to recognize symptoms, and what to do if you have generalized anxiety disorder (GAD) or OCD.

Everyday anxiety or an anxiety disorder?

Everyday Anxiety	Anxiety Disorder
Worry about paying bills, landing a job, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation	Avoiding social situations for fear of being judged, embarrassed, or humiliated
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

Researchers are learning that anxiety disorders run in families, and that they have a biological basis, much like allergies or diabetes and other disorders. Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry,



Understand the Facts (/understanding-anxiety)

Suicide and Prevention



Robin Williams and too many others have lost their lives to suicide. Williams' tragic death made highly public the great need for increased awareness of the grave risk that suicide poses.

A 2016 report from the Centers for Disease Control (CDC) found that suicide rates in the United States reached a 30-year high between 1999 to 2014. According to ADAA President Karen Cassiday, PhD, "this report highlights the great concern that ADAA has for preventing suicides and for improving access to mental health care. It shows that we need to work harder to better prevent suicide as well as make excellent mental health accessible to everyone."

The [ADAA survey conducted in 2015 \(http://www.adaa.org/survey-finds-americans-value-mental-health-and-physical-health-equally\)](http://www.adaa.org/survey-finds-americans-value-mental-health-and-physical-health-equally) with the American Foundation of Suicide Prevention and the National Action Alliance for Suicide Prevention indicates that although the large majority of Americans are interested in seeking mental health care, they also face great challenges in both finding and affording treatment. Here are other key findings:

- The vast majority of American adults think suicide is at least sometimes preventable (94 percent).
- More than half of all American adults have been affected by suicide in some way (55 percent).
- Most adults (93 percent) would do something if someone close to them was

thinking about suicide.

- While most people (67 percent) said that if they were having thoughts of suicide they would tell someone, men are significantly more likely than women to say they would not tell anyone if they were contemplating suicide.
- More than half (53 percent) did not know that people with anxiety or panic disorders are at risk for suicide, though they were aware that those diagnosed with depression and PTSD are at increased risk.
- Of those who have received treatment for mental health conditions, most thought it was very or somewhat helpful, whether the treatment was in-person psychotherapy (82 percent), prescription medication (75 percent), or another form of treatment.

"Both depression and anxiety carry a high risk of suicide," says Mark Pollack, MD, ADAA Past President and Grainger Professor and Chairman, Department of Psychiatry at Rush University Medical Center. "More than 90 percent of those who die by suicide have a diagnosable illness such as clinical depression, and often in combination with anxiety or substance use disorders and other treatable mental disorders."

Suicide affects all age groups, including children. More people die from suicide than from automobile accidents. It was the tenth leading cause of death in the United States in 2013, according to the most recent available statistics from the Centers for Disease Control; that year saw more than 41,000 deaths.

Suicide Prevention

Most suicides are preventable, according to the American Foundation for Suicide Prevention. "Sadly," says Dr. Cassidy, "many who are at risk for attempting suicide never receive the treatment they need because of stigma, lack of access to care, or lack of knowledge about their symptoms."

Almost everyone who attempts or completes suicide has symptoms that mental health treatment could alleviate. As Dr. Cassidy points out, "We all recognize the need to wear seat belts, but how many of us recognize and endorse the need for mental health treatment as part of our national and personal practice of good health?"



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA



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Understand the Facts (/understanding-anxiety) > Panic Disorder & Agoraphobia
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Symptoms

A panic attack is the abrupt onset of intense fear or discomfort that reaches a peak within minutes and includes at least four of the following symptoms:

- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Sensations of shortness of breath or smothering
- Feelings of choking
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy, unsteady, light-headed, or faint
- Chills or heat sensations
- Paresthesia (numbness or tingling sensations)
- Derealization (feelings of unreality) or depersonalization (being detached from oneself)
- Fear of losing control or “going crazy”

The mission of ADAA is to ensure that everyone receives an accurate diagnosis and access to proper treatment so that they live their lives with mental wellness and dignity.

Treatment Is Available

Early diagnosis and intervention with appropriate treatment are critical steps to feeling better. Echoing ADAA's mission, Terence M. Keane, PhD, of the National Center for PTSD and the VA Boston Healthcare System, emphasizes this: "If you're feeling depressed and alone, effective treatments are available. Consult a mental health professional today."

- Contact the [American Foundation for Suicide Prevention \(http://www.afsp.org\)](http://www.afsp.org) for more information.
- Call **1-800-273-TALK (8255)** to talk to a skilled, trained counselor at a crisis center in your area at any time ([National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org/)).
(<http://www.suicidepreventionlifeline.org/>)
- [Families for Depression Awareness \(http://familyaware.org/\)](http://familyaware.org/)
- [The Carson J. Spencer Foundation \(http://www.carsonjspencer.org/\)](http://www.carsonjspencer.org/)
- [Working Minds \(http://www.workingminds.org/\)](http://www.workingminds.org/)

More Resources

[Find a Therapist \(http://treatment.adaa.org/\)](http://treatment.adaa.org/)

[Learn about treatment \(http://www.adaa.org/understanding-anxiety/depression/treatment\)](http://www.adaa.org/understanding-anxiety/depression/treatment) (plus how to choose your therapist)

[How antidepressant medications work](http://www.adaa.org/sites/default/files/SomberQuestions_Antidepressants.pdf)

(http://www.adaa.org/sites/default/files/SomberQuestions_Antidepressants.pdf)

[Types of depression and relationship to anxiety \(http://www.adaa.org/understanding-anxiety/depression\)](http://www.adaa.org/understanding-anxiety/depression)



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Understand the Facts

UNDERSTANDING THE FACTS OF ANXIETY DISORDERS AND DEPRESSION IS THE FIRST STEP.

Anxiety helps us get out of harm's way and prepare for important events, and it warns us when we need to take action.

But you may experience anxiety that is persistent, seemingly uncontrollable, and overwhelming. If it's an excessive, irrational dread of everyday situations, it can be disabling. When anxiety interferes with daily activities, you may have an anxiety disorder.

The term "anxiety disorder" includes generalized anxiety disorder (GAD) (</understanding-anxiety/generalized-anxiety-disorder-gad>), panic disorder and panic attacks (</understanding-anxiety/panic-disorder-agoraphobia>), agoraphobia, social anxiety disorder (</understanding-anxiety/social-anxiety-disorder>), selective mutism, separation anxiety, and specific phobias. (<http://www.adaa.org/understanding-anxiety/specific-phobias>)

Obsessive-compulsive disorder (OCD) (<http://www.adaa.org/understanding-anxiety/obsessive-compulsive-disorder-ocd>) and posttraumatic stress disorder (PTSD) (<http://www.adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd>) are closely related to anxiety disorders, which some may experience at the same time as depression.

- Fear of dying

Since many of the symptoms of panic disorder mimic those of heart disease, thyroid problems, breathing disorders, and other illnesses, people with panic disorder often make many visits to emergency rooms or doctors' offices, convinced they have a life-threatening issue.

In the past it might have taken months or years and lots of frustration before getting a proper diagnosis. Some people are afraid or embarrassed to tell anyone, including their doctors or loved ones about what they are experiencing for fear of being seen as a hypochondriac. Instead they suffer in silence, distancing themselves from friends, family, and others who could be helpful. We hope this pattern is changing.

Many people suffering from panic attacks don't know they have a real and highly treatable disorder.

[Screen yourself or a family member for panic disorder.](http://www.adaa.org/screening-panic-disorder)

[\(<http://www.adaa.org/screening-panic-disorder>\)](http://www.adaa.org/screening-panic-disorder)

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TIPS ON HOW TO HANDLE A PANIC ATTACK

1. Don't be afraid. It is temporary. You've done it before, you can do it again. Not being afraid will take the power away from Anxiety.
2. Move. Moving helps your mind and body stay empowered. Pace the floor, walk around the house, go outside for a walk.
3. Talk. Anxiety held in has more power. Stay with people, call someone. Say aloud all of the thoughts in your head. This takes the power away from them.
4. Breathe. Don't forget to breathe. You can do it. This won't last.
5. Feel empowered. Keep faith and trust in yourself. You got this.



10 Tips to Parent Your **ANXIOUS** Child



By Anne Marie Albano, PhD, author of "You and Your Anxious Child", with Leslie Pepper

1. Respect and validate your child's feelings! Anxiety is a real emotion and not pleasant.
2. Teach your child deep, slow, belly breathing. This is an easy and very portable skill for self-soothing and calming.
3. Listen to your child and ask "Tell me what you are thinking?" This will help to reveal scary thoughts and scenes that build up in your child's mind.
4. Rather than swooping to reassure, ask your child "How likely is (that thing you're afraid of) to happen?" You'll be teaching him to challenge his anxious thinking.
5. Prompt your child with "Tell me some things you can do to handle this situation" and help her to brainstorm, rather than just giving her solutions. She'll feel empowered.
6. Give up the idea of "mental health days" "skip days" "sleep with mom nights" or other ways of avoiding feared situations. This just makes the anxiety stick more firmly and lead to further avoidance.
7. Encourage your child's attempts to be brave, no matter how small they may seem to you. Use labeled praise such as "I'm so proud of you for sleeping in your own bed last night!"
8. Work with your child to outline small steps leading to a bigger goal.
9. Create opportunities for your child to practice being brave and coping, and then high-five his/her efforts!
10. Recognize when you are anxious and say aloud what you can do to calm down and solve the situation. You'll be modeling coping for your child, but be mindful and don't overshare your anxiety!