

Depression and Signs of Suicide

It is a fact that we all at one time or another have felt depressed, sad, or blue. In fact feeling depressed is a normal reaction to loss, life's struggles, or an injured self-esteem. But when those feelings of sadness become too intense, will not go away, and interfere with a normal life, it is time to consider getting help.

According to many reports, depression and suicide are very closely linked. In fact, according to the National Mental Institute of Health, suicide is the third leading cause of death for those ages ten through twenty-four.



Symptoms of Depression Include:

- Persistent sad or “empty” mood
- Feelings of hopelessness, helplessness, guilt, pessimism, or worthlessness
- Substance abuse
- Fatigue or loss of interest in ordinary activities
- Disturbances in eating and/or sleeping patterns
- Irritability, increased crying; anxiety and panic attacks
- Difficult concentrating, remembering, or making decisions
- Frequent thoughts of suicide; suicide plans or attempts
- Persistent physical symptoms or pains that do not respond to treatment

Warning Signs of Suicide

- Talking about suicide or making a plan
- Statements about hopelessness, helplessness, or worthlessness
- Preoccupation with death, suddenly happier and/or calmer
- Loss of interest in things one cares about
- Unusual visiting or calling people one cares for
- Making arrangements; setting one’s faith in “order”
- Giving possessions away

Remember....Suicide is a permanent response to problems that have other solutions. Any person who is showing any of these symptoms needs to seek medical/professional help immediately.

For more information on depression and suicide call **1-800-SUICIDE** or visit any of the following websites:

<http://www.webmd.com/solutions/hs/depression/symptoms>

<http://www.healthyminds.org/multimedia/depression.pdf>

<http://www.netdoctor.co.uk/diseases/facts/depression.htm>

<http://www.depressionisreal.org/>

<http://www.unitedwaytwincities.org/tipsheets/depression.cfm>