

## What is Depression?

### For those interested in learning more

Depression is not just "feeling blue" or "down in the dumps." It is more than being sad or feeling grief after a loss. Depression is a medical disorder (just like diabetes, high blood pressure, or heart disease are medical disorders) that day-after-day affects your thoughts, feelings, physical health, and behaviors.

If you or someone in your family has experienced four (4) or more of the following symptoms continually for more than two (2) weeks, you may want to speak to a professional counselor.

- Loss of interest in things you used to enjoy
- Feeling slowed down or restless and unable to sit still
- Feeling worthless or guilty
- Increase or decrease in appetite or weight
- Thoughts of death and suicide
- Problems concentrating, thinking, remembering, or making decisions
- Trouble sleeping or sleeping too much
- Loss of energy or feeling tired all the time
- Headaches
- Other aches and pains
- Digestive problems
- Sexual problems
- Feeling pessimistic or hopeless
- Being anxious or worried

Depression is treatable, and professional help is available to you 24/7 through **JHEAP, your Johns Hopkins Employee Assistance Program**. To get started, call **888-978-1262**.

All calls are free and confidential. Resources related to mental health can also be found online at [www.myccaonline.com](http://www.myccaonline.com) (Company Code: **JHEAP**).

Please note: **JHEAP** provides assessment, solutions-focused counseling and referrals for those dealing with depression. **JHEAP** also supports those coping with anxiety, bipolar disorder, eating disorders, stress and a number of other behavioral health conditions.