



ATTENTION PREVENTION: MAY 2016

SIGNS AND SYMPTONS of DEPRESSION

Emotional Depression is one of the primary factors in a suicide. Depression can be caused by many things. Some of them are:

- Failed relationships
- Exposure to harsh conditions of war
- Chemical imbalances in the body
- Alcohol or other substances of abuse
- Deficits in early childhood development
- Immaturity
- Mental disturbances such as severe anxiety states or psychosis
- Significant losses of relatives and friends
- Loss of body functions due to accidents or illness
- Important changes in one's financial condition or job status
- Prolonged frustrations and stress
- Actual or perceived threatening conditions that produce anxiety about one's future

There are many signals of depression. Here are the most important:

- Changes in sleep. That may mean sleeping excessively, disturbed sleep or not sleeping enough
- Changes in appetite. Some people eat too much and others not enough
- Diminished energy levels
- Loss of positive motivation
- Loss of interest in pleasurable things such as sex, hobbies, and other interests
- Feeling hopeless, helpless, worthless or inadequate
- Not caring anymore
- Feeling as though one has been unfairly chosen by some unseen force for a series of negative experiences. *"Things just keep happening to me."*
- Poor personal cleanliness
- Poor performances on the job
- Frequent vague complaints about one's physical condition
- Excessive focus on death

Source: Suicide Prevention, Air National Guard, ACE: Ask, Care, Escort

Help is available **24 hours** a day **7 days** a week. If you live in Utah, call the Statewide Crisis Line at **801-587-3000**

Call the National Suicide Prevention Life Line at **1-800-273-TALK (8225)**

Or weekdays from **8:00am to 5:00pm**
Monday thru Friday (except holidays)
call PITU **Behavioral Care Department** or
Ed Weaver, LCSW at (435) 586-1112, ext.308
Tina Warhurst, CSW at (435) 586-1112, ext.303