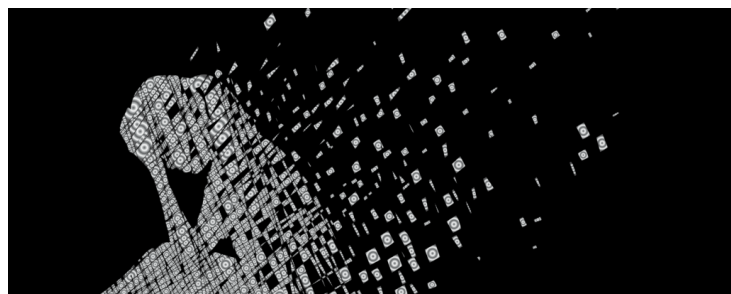


DEPRESSION

PUBLIC HEALTH BRIEF

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OVERVIEW OF DEPRESSION¹

Depression is a common but serious mood disorder that can cause severe symptoms that affect how you think, feel, and complete daily tasks. Depression is diagnosed after you display the following symptoms for at least 2 weeks:

- Constantly feeling sad, anxious, and "empty"
- Feeling hopeless
- Irritability, frustration, or restlessness
- Guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activity
- Decreased energy or fatigue
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early morning awakening, or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear explanation of the cause

Depression is the most common mental disorder in the U.S. and can happen to anyone regardless of age, race, or gender.

TYPES OF DEPRESSION¹

There are different types of depression, some of which develop due to specific circumstances.

- Major depression includes symptoms of depression most of the time for at least 2 weeks that typically affect one's ability to work, sleep, study, and eat.
- Persistent depressive disorder (also called dysthymia), often includes less severe symptoms of depression that last much longer, typically for at least 2 years.
- Perinatal depression occurs when a woman experiences major depression during pregnancy or after delivery (postpartum depression).
- Seasonal affective disorder comes and goes with the seasons, typically starting in late fall and early winter and going away during spring and summer.
- Depression with symptoms of psychosis is a severe form of depression where a person experiences psychosis symptoms, such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things that others do not see or hear).

Sources:

1. NIMH. Depression. <https://www.nimh.nih.gov/health/topics/depression>
2. Johns Hopkins Medicine. Depression and Heart Disease. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/depression-and-heart-disease>
3. CRISP Reporting Services
4. NAMI. Depression. <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression>
5. Harford County. Mental Health Resources. <https://www.harfordcountymd.gov/2513/Mental-Health-Resources>
6. Harford Crisis Center. Mental Health Services. <https://harfordcrisiscenter.org/>

DATA³

Percent of hospital visits due to Depression

Harford County	7.60%
Maryland	7.46%

Hospital visits due to Depression per 1000

Harford County	133.4
Maryland	142.0

SPOTLIGHT: DEPRESSION AND HEART DISEASE²

Depression and Heart Disease are both serious and disabling diseases that individuals face. They both can occur to anyone, regardless of race, gender, or age, and often occur simultaneously to the same individual. When a person is diagnosed with heart disease, they often can develop depression and when a person is diagnosed with depression, they often can develop heart disease.

Psychological Impact of a Heart Attack

A heart attack can impact much more than a person's heart. It can affect many other aspects of a person's life, including:

- Attitude and mood
- Sense of certainty about the future
- Confidence in one's ability to fulfill the roles of a productive employee, mother, father, daughter, or son
- Feelings of guilt about previous habits that might have increased the person's heart attack risk
- Embarrassment and self-doubt over diminished physical capabilities

Impact of depression on your heart⁵

Depression can lead to many habits that may harm your heart health, such as:

- Poor eating habits
- Lack of exercise or overexercising
- Stress
- Alcohol consumption or drug and tobacco use

It is not necessary or scientifically proven that one disease will always lead to the other but it can be likely with the added stressors that each condition brings. CDC states about one in five who have a heart attack are found to have depression soon after the heart attack.

TREATMENT IN HARFORD COUNTY^{4,5,6}

Seeking treatment for depression can be confusing and scary but there are plenty of methods that could be right for you.

- Therapy or counseling
- Medication
- Exercise
- Brain Stimulation Therapies
- Light Therapy
- Alternative approaches (acupuncture, meditation, faith, and nutrition can all be natural treatment plans)

Harford County has great resources for those who are seeking treatment for depression or any other mental health condition. From treatment and support services to outreach, education, and more. Please visit <https://www.harfordcountymd.gov/2513/Mental-Health-Resources> for more information.

The Klein Family Harford Crisis Center also provides a wide range of mental health services with 24/7 crisis counseling support. Please visit <https://harfordcrisiscenter.org/> or call 1-800-NEXT-STEP for more information.

