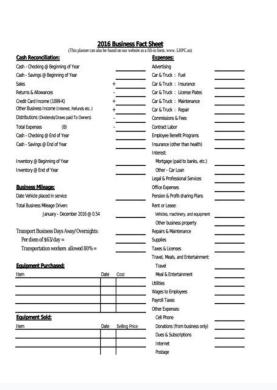
**Depression fact sheet for parents** 

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Measles is a plane ride away. Since measles is still common in many countries, unvaccinated travelers continue to get measles in other countries and bring it into the U.S., and spread it to others.



Get Vaccinated: Bring home fun souvenirs, photos, and fantastic memories – NOT measles!



Make sure you are up to date on your measles-mumps-rubella (MMR) vaccine, including before travelling internationally. Ask your doctor, if you have received all recommended doses of MMR for best protection against measles.

www.cdc.gov/Features/MeaslesInternationalTravel/













Are my parents depressed. Who fact sheet depression.

depressionWhat is depression? Feeling down from time to time is a normal part of life, but when emotions such as hopelessness and despair take hold and just won't go away, you may have depression. More than just sadness in response to life's struggles and setbacks, depression changes how you think, feel, and function in daily activities. It can interfere with your ability to work, study, eat, sleep, and enjoy life. Just trying to get through the day can be overwhelming. While some people describe depression as "living in a black hole" or having a feeling of impending doom, others feel lifeless, empty, and apathetic. Men in particular can feel angry and restless. However you experience the problem, left untreated it can become a serious health condition. But it's important to remember that feelings of helplessness and hopeless you feel, you can get better. By understanding the causes and recognizing the different symptoms and types of depression, you can take the first steps to feeling better and overcoming the problem. Signs and symptoms. It's important to remember that these symptoms can be part of life's normal lows. But the more symptoms you have, the stronger they are, and the longer they've lasted—the more likely it is that you're dealing with depression 10 common depression symptoms Feelings of helplessness and hopelessness and hopelessness and hopelessness. A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation. Loss of interest in daily activities. You don't care anymore about former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure. Appetite or weight changes. Significant weight loss or weight gain—a change of more than 5% of body weight in a month. Sleep changes. Either insomnia, especially waking in the early hours of the morning, or oversleeping. Anger or irritability. Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves. Loss of energy. Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete. Self-loathing. Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes. Reckless behavior. You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports. Concentration problems. Trouble focusing, making decisions, or remembering things. Unexplained aches and pains. An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain. Bipolar disorder, also known as manic depression, involves serious shifts in moods, energy, thinking, and behavior. Because it looks so similar to depression when in the low phase, it is often overlooked and misdiagnosed. This can be a serious problem as taking antidepressants for bipolar disorder can actually make the condition worse. [Read: Bipolar Disorder Signs and Symptoms] If you've ever gone through phases where you experienced excessive feelings of euphoria, a decreased need for sleep, racing thoughts, and impulsive behavior, consider getting evaluated for bipolar disorder. Nearly 3 Million people have turned to BetterHelp for professional online therapy. Take the quiz and get matched with a therapist that fits your needs. HelpGuide is reader supported. We may receive a commission if you sign up for BetterHelp through the provided link. Learn more. Need urgent help? Click here. Depression and suicide riskDepression is a major risk factor for suicide. Deep despair and hopelessness can make suicide feel like the only way to escape the pain. If you have a loved one with depression, take any suicidal talk or behavior seriously and watch for the warning signs: Talking about killing or harming one's self. Expressing strong feelings of hopelessness or being trapped. An unusual preoccupation with death or dying. Acting recklessly, as if they have a death wish (e.g. speeding through red lights). Calling or visiting people to say goodbye. Getting affairs in order (giving away prized possessions, tying up loose ends). Saying things like "Everyone would be better off without me," or "I want out." A sudden switch from being extremely down to acting calm and happy. If you think a friend or family member is considering suicide, express your concern and seek help immediately. Talking openly about suicidal thoughts and feelings can save a life. When you're feeling suicidal, your problems don't seem temporary—they seem overwhelming and permanent. But with time, you will feel better, especially if you get help. There are many people who want to support you during this difficult time, so please reach out!Read Suicide Help, call 988 in the U.S., or visit IASP or Suicide.org to find a helpline in your country. How depression symptoms vary with gender and ageDepression often varies according to age and gender, with symptoms differing between men and women, or young people and older adults.MenDepressed men are less likely to acknowledge feelings of self-loathing and hopelessness. Instead, they tend to complain about fatigue, irritability, sleep problems, and loss of interest in work and hobbies. They're also more likely to experience symptoms such as anger, aggression, reckless behavior, and substance abuse. Women work and hobbies.

more likely to experience symptoms such as pronounced feelings of guilt, excessive sleeping, overeating, and menopause. In fact, postpartum depression affects up to 1 in 7 women following childbirth. TeensIrritability, anger, and agitation are often the most noticeable symptoms in depressed teens—not sadness. They may also complain more about the physical pains. Older adults Older adults of headaches, or other physical pains of headaches, or other physical pains. also neglect their personal appearance and stop taking critical medications for their health. Types of depression comes in many shapes and forms. While defining the severity—whether it's mild, moderate, or major—can be complicated, knowing what type you have may help you manage your symptoms and get the most effective treatment. Mild and moderate depression These are the most common types. More than simply feeling blue, the symptoms of mild depression can interfere with your daily life, robbing you of joy and motivation. Those symptoms become amplified in moderate depression and can lead to a decline in confidence and self-esteem. Major or clinical depression Major depression (otherwise known as major depressive disorder) is much less common than mild or moderate and is characterized by severe, relentless symptoms. Left untreated, major depressive disorder typically lasts for about six months. Some people experience just a single depressive episode in their lifetime, but major depression can be a recurring disorder. Atypical depression at common subtype of major depression is a common subtype of major depression experience a temporary mood lift in response to positive events, such as after receiving good news or while out with friends. Other symptoms include weight gain, increased appetite, sleeping excessively, a heavy feeling in the arms and legs, and sensitivity to rejection. Seasonal affective disorder (SAD). SAD affects about 1% to 2% of the population, particularly women and young people. SAD can make you feel like a completely different person to who you are in the summer: hopeless, sad, tense, or stressed, with no interest in friends or activities you normally love. SAD usually begins in fall or winter when the days become shorter and remains until the brighter days of spring. Causes and risk factors. While some illnesses have a specific medical cause, making treatment straightforward, depression is far more complicated. Certain medications, such as barbiturates, corticosteroids, benzodiazepines, opioid painkillers, and specific blood pressure medicate and risk factors. people—as can hypothyroidism (an underactive thyroid gland). But most commonly, depression is caused by a combination of biological, psychological, and social factors that can vary wildly from one person to another. Despite what you may have seen in TV ads, read in newspaper articles, or maybe even heard from a doctor, depression is not just the result of a chemical imbalance in the brain, having too much or too little of any brain chemical that can be simply cured with medication. Biological factors can certainly play a role in depression, including inflammation, hormonal changes, immune system suppression, abnormal activity in certain parts of the brain, nutritional deficiencies, and shrinking brain cells. But psychological and social factors—such as past trauma, substance abuse, loneliness, low self-esteem, and lifestyle choices—can also play an enormous part. Risk factors that can make you more vulnerable Depression most often results from a combination of factors, rather than one single cause. For example, if you went through a divorce, were diagnosed with a serious medical condition, or lost your job, the stress could prompt you to start drinking more, which in turn could cause you to withdraw from family and friends. Those factors combined could then trigger depression. The following are examples of risk factors that can make you more susceptible: Loneliness and isolation. There's a strong relationship between loneliness and depression. Not only can lack of social support heighten your risk, but having depression can cause you to withdraw from others, exacerbating feelings of isolation. Having to deal with problems alone. Marital or relationship problems. While a network of strong and supportive relationships can be crucial to good mental health, troubled, unhappy, or abusive relationships can be reavenent, divorce, unemployment, or financial problems can often bring overwhelming levels of stress and increase your risk of developing depression. [Read: Bereavement: Grieving the Loss of a Loved One] Chronic illness, such as cancer, heart disease, or diabetes, can trigger feelings of hopelessness and helplessness. Family history of depression. Since it can run in families, it's likely some people have a genetic susceptibility to the problem. However, there is no single "depression" gene. And just because a close relative suffers from depression, it doesn't mean you will, too. Your lifestyle choices, relationships, and coping skills matter just as much as genetics. Personality. Whether your personality traits are inherited from your parents or the result of life experiences, they can impact your risk of depression. For example, you may be at a greater risk if you tend to worry excessively, have a negative outlook on life, are highly self-critical, or suffer from low self-esteem. Early childhood trauma or abuse. Early life stresses such as childhood trauma, abuse, or bullying can make you more susceptible to a number of future health conditions, including depression. Many people use alcohol or drugs as a means of self-medicating their moods or cope with stress or difficult emotions. If you are already at risk, abusing alcohol or drugs may push you over the edge. There is also evidence that those who abuse opioid painkillers are at greater risk for depression. Whether you're able to isolate the causes or not, the most important thing is to recognize that you have a problem, reach out for support, and pursue the coping strategies that can help you to feel better. What you can do to feel better. What you can do to lift and stabilize your mood. The key is to start with a few small goals and slowly build from there, trying to do a little more each day. Feeling better takes time, but you can get there by making positive choices for yourself. [Read: Coping with Depression] Reach out to other people. Isolation fuels depression, so reach out to other people. Isolation fuels depression, so reach out to other people. enormous help. The person you talk to doesn't have to be able to fix you. They just need to be a good listener—someone who'll listen attentively without being distracted or judging you. Get moving. When you're depressed, just getting out of bed can seem daunting, let alone exercising. But regular exercise can be as effective as antidepressant medication in countering the symptoms of depression. Take a short walk or put some music on and dance around. Start with small activities and build up from there. Eat a mood boosting diet. Reduce your intake of foods that can adversely affect your mood, such as caffeine, alcohol, trans fats, sugar and refined carbs. And increase mood-enhancing nutrients such as Omega-3 fatty acids. Find ways to engage again with the world. Spend some time in nature, care for a pet, volunteer, pick up a hobby you used to enjoy (or take up a new one). You won't feel like it at first, but as you participate in the world again, you will start to feel better. When to seek professional helpIf support from family and friends and positive lifestyle changes aren't enough, it may be time to seek help from a mental health professional. There are many effective treatments for depression, including: Therapy. Consulting a therapist can provide you tools to treat depression from a warriety of angles and motivate you to take the action necessary. Therapy can also offer you the skills and insight to prevent the problem from coming back. [Read: Depression Treatment] Medication may be imperative if you're feeling suicidal or violent. But while it can help relieve symptoms of depression in some people, it isn't a cure and is not usually a long-term solution. It also comes with side effects and other drawbacks so it's important to learn all the facts to make an informed decision. Authors: Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D.Last updated: October 2021References Belmaker, R. H., & Agam, G. (2008). Major Depressive Disorder. New England Journal of Medicine, 358(1), 55-68. R. C., Birnbaum, H. G., Shahly, V., Bromet, E., Hwang, I., McLaughlin, K. A., Sampson, N., Andrade, L. H., Girolamo, G. de, Demyttenaere, K., Haro, J. M., Kostyuchenko, S., Kovess, V., Lara, C., Levinson, D., Matschinger, H., Nakane, Y., Browne, M. O., ... Stein, D. J. (2010). Age differences in the prevalence and co-morbidity of DSM-IV major depressive episodes: Results from the WHO World Mental Health Survey Initiative. Depression and Anxiety, 27(4), 351-364. Disorders. (2013). In Diagnostic and Statistical Manual of Mental Disorders. American Psychiatric Association. Last updated: August 16, 2022

Postpartum depression is not your fault—it is a real, but treatable, psychological disorder. If you are having thoughts of hurting yourself or your baby, take action now: Put the baby in a safe ... How to seek help and treatment. Whilst common, postnatal depression is not your fault—it is a real, but treatable, psychological disorder. If you are having thoughts of hurting yourself or your baby, take action now: Put the baby in a safe ... How to seek help and treatment. become more severe, and affect your ability to care for yourself and your baby. If you get to a point where you feel that your partner or baby would be better with the right therapy. But problems can last or get worse if they are not treated. Besides therapy, teens who feel depressed need extra support from parents and other adults in their lives. If you think your teen is depression fact sheet. Antidepressant factsheet. Keeping strong flyer. Chronic physical illness, anxiety and depression fact sheet. Depression and quitting smoking booklet. ... Self-harm quide for parents fact sheet. Merchandise. Looking for resources to hand out at events? Download the print files below and send to a printer to ... Feb 17, 2021 · The baby blues usually go away in 3 to 5 days after they start. The symptoms of postpartum depression last longer and are more severe. Postpartum depression usually begins within the first month after childbirth, but it can begin during pregnancy or for up to a year after birth. 5. Postpartum depression is not your fault—it is a real, but treatable, psychological disorder. If you are having thoughts of hurting yourself or your baby, take action now: Put the baby in a safe place, like a crib. Call a friend or family member for help if you need to. Call a suicide hotline (free and staffed all day, every day): Jun 08, 2022 · This fact sheet focuses on mental disorders as described by the International Classification of Diseases 11th Revision (ICD-11). In 2019, 1 in every 8 people, or 970 million people around the world were living with a mental disorder, with anxiety and depressive disorders the most common (1). Jul 25, 2022 · In addition, family counseling for the parents and siblings of children with ASD. Medications: While medication can't cure ASD or even treat its main symptoms, there are some that can help with related symptoms such as anxiety, depression, and obsessive ... Bipolar disorder, also known as manic depression when in the low phase, it is often overlooked and misdiagnosed. This can be a serious problem as taking antidepressants for bipolar disorder can actually make the condition worse. [Read: Bipolar Disorder Signs and ... Depression can get better with the right therapy. But problems can last or get worse if they are not treated. Besides therapy, teens who feel depressed need extra support from parents and other ... May 03, 2022 · Fact Sheet: Celebrating Mental Health Awareness Month 2022. ... Recent national surveys of young people show alarming increases in the prevalence of anxiety, depression, and ... Mar 01, 2022 · FACT SHEET: President Biden to ... rates of depression and anxiety were inching higher. But the grief, trauma, ... More than half of parents express concern over their children's mental well-being. Jun 08, 2022 · This fact sheet focuses on mental disorder, with anxiety and depressive disorders the most common (1). Children whose parents are involved in the criminal justice system suffer from: psychological strain, antisocial behavior, suspension or expulsion from school, economic hardship, and are six times more likely to be involved in criminal activity. Partners of incarcerated individuals suffer from depression and economic hardship. Depression looks different for everyone. You might have many of the symptoms listed above or just a few. How do I get help for depression? You're not alone, and help is available. You can feel better. To get help: Talk to a trusted adult (such as your parent or guardian, teacher, or school counselor) about how you've been feeling. Bipolar disorder, also known as manic depression, involves serious shifts in moods, energy, thinking, and behavior. Because it looks so similar to depression when in the low phase, it is often overlooked and misdiagnosed. This can be a serious problem as taking antidepressants for bipolar disorder can actually make the condition worse. [Read: Bipolar Disorder Signs and ... Children whose parents are involved in the criminal justice system suffer from: psychological strain, antisocial behavior, suspension or expulsion from school, economic hardship, and are ... [ul 22, 2021 · In 2020, at the height of the pandemic, the highest proportion of young adults between the ages of 18 and 29 were living at home with their parents since the Great ... Grief, loss and depression fact sheet. Merchandise. Looking for resources to hand out at events? Download the print files below and send to a printer to ... Depression? You're not alone, and help is available. You can feel better. To get help: Talk to a trusted adult (such as your parent or guardian, teacher, or school counselor) about how vou've been feeling. Teachers and parents who wish to offer consistent, ongoing encouragement and support can keep these elements in mind. First, listening to a child's feelings is critical. While anxiety, anger, ... Jul 25, 2022 · Lipid storage diseases are inherited from one or both parents who carry a defective gene that regulates a particular lipid-metabolizing enzyme in a class of the body's cells. ... Mar 01, 2022 · FACT SHEET: President Biden to ... rates of depression and anxiety were inching higher. But the grief, trauma, ... More than half of parents express concern over their children's ... Teachers and parents who wish to offer consistent, ongoing encouragement and support can keep these elements in mind. 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