

Am I Sad or Depressed?

- Do I still enjoy doing things I've always liked doing?
- Are my emotions related to a specific event?
- Am I eating and sleeping normally?
- Do I have variations (or breaks) in my low mood?
- Do I experience self-punishing or very self-critical thoughts?
- Have I had self-harming thoughts?

Think About Your Answers as You Compare Sadness and Depression

Sadness is...

A **normal reaction to life** events, including change, loss, disappointment, or other hard times.

Part of being human, but it **goes away quickly** so you can go on with your daily life.

Feeling **low**. Feeling **down**. Feeling **blue**.

Not depression. Someone may say they're depressed, but if it goes away on its own and doesn't impact life greatly, it's probably sadness.

Just **one symptom** of depression.

Depression is...

A **real illness** that affects your mood, the way you understand and think about yourself, and the way you relate to things and people around you.

Caused by an event or can occur for no reason. It's much **more intense than sadness** or a low mood.

Depression goes by **different names**, such as clinical depression, major depressive disorder, or major depression.

Lasts **longer than two weeks** and doesn't usually go away on its own, but it is **treatable**.



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Depression RBH 2018 SOM

Depression Varies by Individual

- Can be mild to severe.
- Can be short-lived or chronic, seeming to never end.
- Can happen once in a lifetime or keep coming back.
- Can be tied, like sadness, to specific life events, such as seasons or childbirth.

If you think you are depressed, call the EAP or talk to your doctor.

Do I Have Symptoms of Depression?

In any given year,
17 million American adults
suffer from depression.

That's almost
7% of all U.S. adults
in a single year.

