

Depression

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Common Signs of Depression

- ◆ Headaches
- ◆ Feelings of hopelessness
- ◆ Lack of energy
- ◆ Irritability/anger
- ◆ Lack of concentration

Bipolar Disorder

- ◆ Frequently, depression is diagnosed because this is the presenting problem
- ◆ Is there mania?
 - ◆ Excessive energy, significantly inflated ego, or (very commonly) irritability.

Comorbidity

- ◆ Comorbidity is the rule, not the exception
 - ◆ ADHD
 - ◆ Anxiety
 - ◆ Self harm (not suicidal)
 - ◆ Family problems
 - ◆ Trauma (sexual/physical abuse)
 - ◆ Other environmental problems

It Can't Be Depression!?

- ♦ Inattention at home and work
- ♦ Frequently angry for no apparent reason
- ♦ Just not a social person

- ♦ ...But there is no sadness, crying, isolation.

Mimicking Depression

- ♦ Bereavement
- ♦ Death or loss of something important
 - ♦ May develop into depression
 - ♦ Impairments?
- ♦ Adjustment Disorder
 - ♦ Change in life causing depressed mood lasting less than six months
 - ♦ Therapy may not be needed...or less intensive therapy is often helpful.

Listen to the Depression

- ♦ Likely, depression is there for a reason.
 - ♦ Find the root of the problem
 - ♦ Environmental?
 - ♦ Grief (death or other loss)
 - ♦ A particular trigger?
 - ♦ Negative ways of thinking?
 - ♦ Alcohol/other drug use?
 - ♦ Abuse?
 - ♦ Genetically based?

Medications

- ♦ Antidepressants are effective for many people with depression
 - ♦ I recommend trying therapy first. If little/no improvement, refer to MD for med assessment.
 - ♦ Therapy and medication has been shown to be an effective combination

Suicide

- ◆ If you are having thoughts of hurting yourself or someone else, please get help.
- ◆ Call 9-1-1
- ◆ Go to the emergency room

Depression is Treatable

- ◆ Contact a therapist
- ◆ **Anxiety and Depression Support Group**
1st and 3rd Wednesdays of each month
6:00pm – 7:30pm
Lilly Conference Room - MHA

Contact Information Buck Black

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