

# **Depression in Our Community**

## **How to identify and address the illness**

Nearly 19 million American adults, and as many as 10,000 in Portage County, are affected by major depression every year. Although depression is one of the most common mental illnesses, it is also one of the most treatable.

Depression can dramatically alter the way a person thinks and behaves, which can be an early indicator that a person is suffering with the illness. The disease can rob people of their feelings of wellbeing and happiness. It influences the way they feel about themselves and others, and inhibits their desires to be around people. To learn more about the symptoms of depression, visit [coleman-access.com/16.htm](http://coleman-access.com/16.htm).

The illness doesn't just affect individuals either, since more than 70 percent of people diagnosed are employed. Depression is the second leading cause of disability worldwide, resulting in 400 million lost workdays a year. On average, an employee suffering from depression loses one day of productivity per week.

Depression typically causes employees' productivity and quality of work to decrease and their accidents and medical costs to increase. Based on statistics provided by Coleman Wellness Solutions, depressed individuals use \$4,000 per year in medical services, while non-depressed employees average less than \$1,000. For more on the costs of depression in the workplace, visit [coleman-wellness.com/40.htm](http://coleman-wellness.com/40.htm).

It's difficult for most people accept that they have a mental illness, and it's even harder to reach out for help because depression is an isolating disease. If you believe that you or someone you know is suffering from depression, seek help immediately. You can call Coleman Access Services for free, 24/7 for yourself or someone else at 877-796-3555.

A trained mental health counselor will listen and ask specific questions to help form an accurate observation. Next, the counselor will talk about the condition and explain their understanding of the situation at hand. Based upon the symptoms, the counselor will make recommendations that are necessary to make an accurate diagnosis of the illness. They may refer them to a therapist at the center.

There are two main treatments for depression: counseling and medication. Since the illness is unique to each person, treatment combinations are also unique. Only the person suffering from depression and their therapist can determine the right treatment. Coleman Access will always provide information to help the person make decisions.

Depression can be treated, and Coleman Professional Services can help.