Center Investigates Depression as a Mental Illness

August 13, 2024

SCOTTSDALE, AZ - August 13, 2024 -
Scottsdale, AZ ? Pinnacle Peak is a local mental health treatment center and substance use rehab that published an article investigating whether or not depression is a mental illness. Their compassionate staff is able to diagnose and treat mental health conditions on their own or as a dual diagnosis with substance use.

?Depression is a mood disorder. It?s most commonly associated with feelings of sorrow, hopelessness, and listlessness. It can impact anyone regardless of age, race, financial circumstance, family history, and more. The most common age to first see signs of depression, however, are those in their late teens to mid-20s. As a condition, it is not something to be overlooked. It can often be linked with suicide, which is the fourth highest cause of death for people aged 15 to 29,? the article states.

Experiencing depression is not uncommon. Most people are likely to feel bouts of heavy sadness at one point in their lives. In general, the term depression relates to the mood disorder known as major depressive disorder. However, it can also be used to refer to a collection of symptoms that are similar to the ones experienced with MDD. Many medications and substances can impact the brain and lead to feelings of depression. The difference between depression as a symptom and MDD is the frequency and length of time that the side effects occur. For those with major depressive disorder, the side effects last for most of the day for many days and interfere with activities and routines.

There have been studies conducted that show a link between depression and genetics. It?s often seen that if one family member has it, others are likely to develop it too. This can be genetics, the shared environment, or both. Depression symptoms can also vary from person to person and in how intensely they feel them.

?There?s no singular thing that is guaranteed to cause depression. In fact, there is no way to list every possible combination of factors that can influence a person?s mental health. This doesn?t mean that there aren?t multiple common factors that have been noted across the years. Being aware of some of these factors can help you better understand where your depression stems from.

A person?s history can often lend a lot of insight into how depression develops. For example, growing up in an unsteady home, whether financially or emotionally, can leave a lasting impact. This ties directly into another common link to depression ? trauma. From adverse childhood experiences (ACEs) to the loss of a loved one, trauma and how we deal with it can greatly affect our mental health.

There are also many small things in our lives that can compound into depression, one of the most common being stress. Stress can be more silent than people realize, slowly creeping in and building up until you?re at a breaking point. Learning how to better manage your stress levels and identify when you are stressed can greatly improve your mental health,? the article continues.

Common symptoms of depression include increased/decreased sleeping, feelings of guilt or low self-worth, changes in appetite, distancing themselves from loved ones, difficulties remembering things, decrease in self-care habits, periods of confusion, and increased irritability and frustration.

Pinnacle Peak is a leading provider of mental health and addiction care in Arizona. Their program offers medical detox, inpatient, outpatient, and an alumni group. Supportive housing is available for those who need it. The staff welcomes anyone into their family-like environment who is looking for healing.

To learn more about Pinnacle Peak, call 866-377-4761 or visit their website.

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Pinnacle Peak Recovery

Pinnacle Peak Recovery is a residential and intensive outpatient addiction treatment facility located in Scottsdale, Arizona. We offer nationally recognized, evidence-based treatment options for those needing drug rehab services.

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