Rehab Investigates High-Functioning Depression

October 21, 2024

LARGO, FL - October 21, 2024 -
Largo, FL ? Clean Recovery Centers is a local rehab that recently published an article investigating the trials of high-functioning depression. Their program consists of a unique, three-phase approach that addresses substance use, mental health, and co-occurring disorders.

?Depression is a mood disorder characterized by feelings of hopelessness, shame, and emptiness. It can vary from person to person in severity and the symptoms they experience. High-functioning depression is not a medical term, but it describes someone who has depression but still maintains a stable life. The symptoms are present but do not interfere with day-to-day activities.

High-functioning depression is often associated with persistent depressive disorder. Having formally been diagnosed as dysthymia or dysthymic disorder, this is a mild to moderate form of depression compared to the more severe forms. Symptoms last for most of the day and for most days, though there may be days when the person does not feel affected. It is still chronic as symptoms must last for at least two years to meet the diagnostic criteria. All depression is life-long, but there are techniques to manage different types,? the article reads.

Major depressive disorder (MDD) describes the most severe form of depression. It is similar to

high-functioning depression as it produces similar symptoms. The main difference is in the amount of functioning the person can perform. Those with major depression will have a difficult time completing tasks, including what most would qualify as easy. They do not have the energy or concentration to clean the house, go to work every day, or even pay bills on time. Those with high-functioning depression will accomplish these tasks, though it will take most if not all of their effort.

Depression can develop at any age and can affect anyone. Whether depression is high-functioning or major depends on the person and their circumstances. Risk factors for depression include having a family member with a mental health condition, having a difficult time responding to stress, experiencing a traumatic event such as abuse, neglect, or loss, taking substances, especially depressants such as alcohol or opioids, and having other mental health conditions. These factors do not guarantee depression will develop, only the likelihood.

?Because high-functioning depression results in productivity, it can be more difficult to spot in a loved one or even yourself. One sign to watch for is subtle hints. Depression can cause guilty feelings, especially when not accomplishing goals and tasks. The person may be more down or disappointed with the amount of work that was accomplished in the day, even if it was a lot.

?Another sign is taking substances or increasing the amount of substances they already take. Unmanaged depression ? even high-functioning ? causes feelings of emptiness and worthlessness. Some will take substances or increase alcohol intake as a way to cope, hoping to fill the void to feel better. However, this results in worsening depression and can reduce the amount of functioning the person has.

?A difficult symptom to recognize in high-functioning depression is masking. The person does not want family and friends to worry, so they figuratively ?put on a mask? in front of others. They give off a happy, well-adjusted social persona when in reality, they are falling apart on the inside,? the article continues.

There are ways to help a loved one living with depression. Check-in on them from time to time by reaching out via phone or text. Don?t assume their situation and cast judgment. Share personal experiences to show relatability. Lastly, monitor health to ensure a proper mindset.

Clean Recovery Centers has been treating mental health conditions and substance use disorders for years along the Gulf Coast. Their facilities offer a certified rapid-resolution therapist to promote trauma healing that may be contributing to these conditions. They have helped hundreds to get clean, live clean, and stay clean.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers - Largo

Located on the beautiful Suncoast of Florida, Clean Recovery Centers provides the full spectrum of treatment options for drug and alcohol addiction.

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