

Treatment Center Investigates Signs of Depression

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San Diego, CA ? Healthy U is a local substance use and mental health treatment center that recently published a blog investigating the signs of depression. Their program offers treatment options for both adolescents and adults looking for help and support.

?The key to recognizing depression is noticing how long the symptoms last. Grief and sadness are usually triggered by specific events and fade in time. Depression is a heavy feeling that stays with you even when you don?t have much reason to be sad. It greatly affects your life.

?To officially be diagnosed with depression, you must experience symptoms most of the day, nearly every day, for at least two weeks. You also must experience a low mood or a loss of pleasure and interest in most activities to be diagnosed with depression ? but many people with this condition have both, at least sometimes,? the article reads.

One of the main signs of depression is anhedonia. Anhedonia causes loss of interest in everything, including activities and hobbies once enjoyed. This also is tied to the lack of motivation associated with depression. Anhedonia occurs due to depression changing the way the neurotransmitters dopamine and serotonin work in the brain. Those with major depressive disorder who are greatly impacted by anhedonia also have lower levels of the neurotransmitter GABA. All of these neurotransmitters play a role in feeling pleasure and motivation.

Neurotransmitters have a role in mood and concentration as well. Primarily, serotonin and dopamine control mood regulation. Irritability, sadness, and difficulty making decisions occur during depression. This can result in self-isolation, anger outburst, and trouble making choices or deciding what to do.

?People with depression often have trouble regulating their emotions. They might cry often or lash out at others when they?re frustrated. Depression causes a lot of negative thoughts and emotions that weigh heavily on people. It?s similar to feeling stressed all the time. Think about it: if you were always tired, nothing in your life seemed interesting, and you felt sad and couldn?t shake it, wouldn?t it be hard to keep your

emotions in check? People with depression are managing so much that sometimes appearing emotionally stable? isn't even a priority.

Having lower levels of the neurotransmitters that regulate mood also works against people with depression in this area, the article continues.

People with depression usually experience a significant lack of energy, which makes doing daily tasks more difficult. Fatigue is a symptom of depression in itself and is only made worse by sleep problems that also frequently come with depression. Insomnia, which is having trouble falling asleep or staying asleep, is a depression symptom. The neurotransmitters associated with depression cause this. Depression also causes daytime sleepiness and can lead to naps during the day that interfere with sleeping at night.

Healthy U is a mental health and substance use disorder treatment facility that services teens and adults. Their program is flexible and can suit a variety of schedules as they offer day, evening, and virtual programming. Everyone is welcome at Healthy U, including veterans and members of the LGBTQIA+ community. They offer appointments with low wait times, consistent therapy sessions, case management, and family support both during and after treatment. Clients are able to keep their psychiatrist and care team once treatment is complete, easing the burden of finding aftercare.

To learn more about Healthy U, call (619) 304-0426 or visit their website.

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For more information about Healthy U Behavioral Health, contact the company here: Healthy U Behavioral Health Bryan Amara (619) 304-0426 bryan@soberlifed.com 1446 Front St STE 300 San Diego CA 92101

Healthy U Behavioral Health

Healthy U Behavioral is an established in-network provider for a broad spectrum of behavioral services such as Substance Use Disorder, Depression, Anxiety, and Trauma with separate programs for Adolescents (13-17) and Adults.

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