Rehab Center Highlights Depression Warning Signs

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Local rehab center, Pinnacle Peak Recovery, recently posted a blog highlighting the signs of depression. This blog seeks to educate their community about depression and how to spot it. With more than 1 in 6 Arizona residents living with depression, the knowledge of these signs can help save lives.

To start off the piece, Pinnacle Peak takes the time to walk readers through what depression is. While anyone can experience periods of depression, the health condition commonly referred to as depression is a persisting condition. ?Those dealing with depression frequently experience the side effects of depression in a way that interrupts their day-to-day life, sometimes without a specific source being the cause.?

Depression can affect anyone regardless of age, gender, income, or any other factor. The blog shows readers that the side effects that come from depression can be physical or behavioral. Many with depression try to hide their condition, this is why the blog is extra important. Being able to spot the signs can lead to intervention and getting the care individuals need and deserve.

The rehab center next talks through the specific physical and behavioral side effects. While most of the side effects of depression are behavioral, there are still physical signs readers can watch for. ?When someone is dealing with depression, you might notice that things are slipping through the cracks.? The blog explains.

?Their rooms might be messy, their dirty laundry is piling up, and their hair seems oily and unwashed. You notice that they haven?t been eating as much as usual and their sleep habits have changed drastically. All of these signs can point to someone in need of help.?

?If you notice your loved one withdrawing from friends and activities, that they?re making off-handed comments that are self-deprecating, or wishing to not be here, make sure to check in on them.? Pinnacle Peak tells readers after providing a list of behavioral side effects. ?A reminder of your love and care can do more than you imagine.?

The other thing the blog highlights is how depression can negatively impact memory and lead to suicidal ideation. They explain the science behind the link between depression and memory so readers can better understand why this condition can lead to such a side effect.

They also stress the importance of taking suicidal ideation seriously. Being able to spot the signs of this can help save lives. Readers can find the specific warning signs in the blog. After the warning signs, Pinnacle Peak Recovery helps wrap up the blog by explaining what someone should do if they do notice the warning signs of suicide.

?The primary way to prevent suicide is through intervention and treatment. The three words you should keep in mind are, ?Question, Persuade, and Refer,? or QPR for short.? The rehab center says. ?Ask them why they feel this is a step they need to take. Don?t get loud or make them feel wrong for thinking this way? While talking with your loved one, it?s important to reiterate and speak with them about how these feelings can be addressed. Reassure them that you want what?s best for them in order for them to live a long and happy life.?

Recovery is possible for all who are currently managing an alcohol use disorder or other substance use disorder. Pinnacle Peak Recovery?s Detox Center can help get a fresh start on their path of recovery by setting them up for long-term success. To get information on their detox center, or to learn more about their recovery programming please, contact them at (866) 954-0524 or info@pinnaclepeakrecovery.com. Their detox center is located at 6145 E Shea Blvd, Scottsdale, AZ 85258.

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For more information about Pinnacle Peak Recovery Detox Center, contact the company here:Pinnacle Peak Recovery Detox CenterTyler Tisdale480-660-3974info@pinnaclepeakrecovery.com6145 E Shea BlvdScottsdale, AZ, 85254

Pinnacle Peak Recovery Detox Center

From drug or alcohol detox through recovery, Pinnacle Peak Recovery?s family of licensed medical and behavioral professionals believe healing is possible for you, our client family.

Website: https://www.pinnaclepeakrecovery.com/detox-center/

Email: info@pinnaclepeakrecovery.com

Phone: 480-660-3974