Local Rehab Investigates Severe Depression

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New Port Richey, FL ? Clean Recovery Centers is a local rehab that recently published an article investigating severe depression. Their program offers a unique, three-phase approach that addresses mental health, substance use, and co-occurring disorders.

?Depression is a mood disorder affecting millions of Americans each year. There are different types of depression including postpartum, seasonal, and depressive episodes associated with other mental health conditions. When we refer to severe depression, the clinical term is major depressive disorder (MDD). This is the most intense form of depression and causes many symptoms that interfere with everyday life.

MDD affects mood, behaviors, thoughts, and emotions. Feelings of sadness or grief are normal after life-altering events such as death or loss of a job. These feelings are not permanent and will come in waves. MDD can occur at any time, with symptoms coming on for no specific reason and lasting days, weeks, or months,? the article reads.

There is no singular cause of severe depression. Possible causes of MDD include genetics and brain chemistry. Other factors that may be involved include substance use, especially depressants such as alcohol, chronic medical conditions, chronic pain, or a combination of both, or experiencing a tragedy or stressful life

event. These factors may lead to the development of depression temporarily, mild cases, or the development of severe depression over time.

Severe depression doesn?t begin out of nowhere, and knowing the early warning signs can show an indication of an oncoming concern. Sleep changes such as difficulty waking up in the morning or falling asleep at night. Lack of sleep or sleeping too much can lead to lower mood. Changes in mood such as feelings of hopelessness and sadness are early signs of depression. Loss of interest in activities and changes in appetite are also key markers that a depressive episode is on the horizon.

?If severe depression is beginning to interfere with work, school, relationships, or accomplishing daily tasks, it wouldn?t hurt to talk to your doctor. Only a medical professional can diagnose severe depression, and the longer it goes untreated, the more severe symptoms can become. Your doctor will evaluate you physically to rule out any underlying conditions as well as provide a depression assessment.

Severe depression can cause persistent thoughts of self-harm and/or suicide. If these thoughts occur, seek medical help immediately. Even if you have never thought about suicide in the past, depression can change the way the brain thinks. Many resources are available for mental health help in Florida. 988 is the national hotline for suicide and mental health crises. It is available 24/7 via call, text, or online chat. Provide your zip code and they will connect you with local resources.

The Florida Department of Health Hillsborough County has a list of helpful resources and hotlines for mental health crises and those needing connections. These include help for veterans, domestic violence survivors, child abuse, and sexual assault survivors. Other resources include connections to food and housing assistance as well as to community partners,? the article continues.

Tips for managing severe depression include trying to stay moving, creating a thought challenge, journaling, leaving the past behind, remembering progress, and setting small goals.

Clean Recovery Centers has helped many find healing and recovery from mental health and substance use disorders. They have locations along the Gulf Coast and each offers its own housing. Each facility has a certified rapid-resolution therapist to provide treatment for past trauma that is associated with current mental health and substance use concerns.

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

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For more information about Clean Recovery Centers - New Port Richey, contact the company here:Clean

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Clean Recovery Centers - New Port Richey

Clean Recovery Centers in New Port Richey, Florida is a drug and alcohol detoxification and residential level 1 treatment facility for substance use disorder.

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