

# Women & Depression

Depression has been found in all groups of women regardless of their economic, ethnic, or educational background. Research has found that more than 19 million Americans suffer from depression annually and **women are twice as likely as men to experience a major depressive episode**. The answers behind this research are still being discovered. Some studies have indicated certain life changing events for women may increase their likelihood of developing depression. These life changing events can include puberty, pregnancy, traumatic events, genetics, and substance abuse. Conversely there are many women who experience these same life changing events and never develop depression. More importantly depression is treatable in most women regardless of the cause or variables that lead up to their depression.

Below is a list of symptoms which may indicate depression, particularly when they last for more than two weeks.

## Symptoms of depression

### *Emotional Signs*

- Loss of interest in activities
- Isolating and withdrawing from friends and family
- Frequent crying or sadness
- Feelings of emptiness and unimportance
- Guilt or unworthiness
- Thoughts of ending their life

### *Physical Signs*

- Restless or prolonged sleep patterns
- Physical complaints of pain including headache
- Changes in digestion
- Nausea, or lack of appetite
- Lack of energy
- Pacing, agitation, hand wringing

## Treatment of Depression

There is a variety of treatment options which can be recommended based on the type of depression a person is suffering with. The first way to begin a better life is by calling our trained staff to help you. If you have further questions about depression or any emotional concerns our Counseling Center is here to help.

**Child & Family Services of Saginaw County  
Counseling Center  
989-790-7500**