



## Causes of Depression

Depression can have a range of causes, including genetic, environmental, and psychological factors. Some people may be more prone to depression due to a family history of the condition, while others may experience depression because of a traumatic life event such as the loss of a loved one or a major life change. Other factors that can contribute to depression include stress, poor diet and exercise habits, and certain medical conditions.



## Symptoms of Depression

The symptoms of depression can vary from person to person, but some common signs of the condition include:

- Persistent feelings of sadness, hopelessness, or worthlessness
- Loss of interest in activities that were once enjoyable
- Changes in appetite or sleep patterns
- Difficulty concentrating or making decisions
- Fatigue or low energy
- Thoughts of suicide or self-harm

If you are experiencing these symptoms, it is important to seek professional help.

## The Difference Between a Therapist and a Psychiatrist

While therapy can be helpful for managing depression, it is important to understand the difference between a therapist and a psychiatrist. A therapist is a mental health professional who can provide talk therapy, such as cognitive-behavioral therapy (CBT), to help you manage your symptoms and develop coping skills. A psychiatrist, on the other hand, is a medical doctor who specializes in mental health and can prescribe medications for depression. Psychiatrists can also provide therapy, but they tend to focus more on medication management.



## When to See a Psychiatrist for Depression

If you are struggling with depression and have not found relief from therapy or other interventions, it may be time to consider seeing a psychiatrist. You should also consider seeing a psychiatrist if you are experiencing severe symptoms of depression, such as suicidal thoughts or being out of touch with reality. A psychiatrist can help you determine the best course of treatment for your specific needs and can work with you to develop a personalized treatment plan.



## Benefits of Seeking Professional Help

There are many benefits to seeking professional help for depression. Professional help can provide:

- A safe and supportive environment to discuss your feelings and experiences
- Access to evidence-based treatments, such as medication and therapy
- A personalized treatment plan tailored to your specific needs
- Support and guidance throughout your recovery journey
- Improved quality of life and overall well-being



## What to Expect During Your First Appointment with a Psychiatrist

Your first appointment with a psychiatrist will likely involve a comprehensive evaluation of your mental health history, current symptoms, and any other factors that may be contributing to your

depression. The psychiatrist may ask you questions about your mood, sleep patterns, appetite, and other symptoms and assess medications you are currently taking. They may also review any medical conditions that may be contributing to your depression.



### **Medication and Therapies for Depression**

There are many different medications and therapies that can be used to treat depression. Some common medications used to treat depression include selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), and atypical antidepressants. Therapy can also be helpful for managing depression, and there are many different types of therapy available, including cognitive-behavioral therapy (CBT), interpersonal therapy (IPT), and psychodynamic therapy.



### **Tips for Managing Depression**

In addition to seeking professional help, there are also many things you can do to manage your depression on your own. Some tips for managing depression include:

- Getting regular exercise
- Eating a healthy and balanced diet
- Getting enough sleep
- Practicing relaxation techniques, such as meditation or deep breathing
- Setting realistic goals for yourself
- Surrounding yourself with supportive and positive people





## Conclusion

Depression is a serious mental health condition that can have a significant impact on your life. If you are struggling with significant depression, it is important to seek professional guidance. A psychiatrist can help you determine the best course of treatment for your specific needs and can work with you to develop a personalized treatment plan.

People come to me on a regular basis, feeling overwhelmed by depression. Let me assure you that with the right treatment and support, you can manage your depression and improve your overall well-being in ways you can hardly imagine. If you or someone you know is struggling with depression, please reach out to me for help by calling Desert View Health at 760-895-4332.

Tom Jackson, MD

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