

Depression vs The Blues

Sooner or later, everyone gets the blues. Feeling sad, lonely or grief when you go through a difficult life experience is part of being human. And most of the time, you can continue to function. You know that in time you will bounce back.

But what if you don't bounce back? What if your feelings of sadness linger, are excessive, or interfere with your daily coping? What if you're feeling tired, worthlessness, or hopeless? You may be experiencing major depression.

Symptoms of Depression

- Trouble concentrating, remembering details, and making decisions
- Negative self-talk
- Fatigue
- Feelings of guilt, worthlessness, and helplessness
- Pessimism and hopelessness
- Insomnia, early-morning wakefulness, or sleeping too much
- Irritability
- Restlessness
- Loss of interest in things once pleasurable, including sex
- Overeating, or appetite loss
- Aches, pains, headaches, or cramps that won't go away
- Digestive problems that don't get better, even with treatment
- Persistent sad, anxious, or "empty" feelings
- Suicidal thoughts or attempts

Resources

Counseling Services

2631 S. Packerland Dr., Suite 104, Green Bay

Mona Pagel (Focus: Individuals/Couples/Families) **715-218-2007**

Gail Krawczyk (Focus: Families) **965-7701**

Jeff Palmer (Focus: Children 4-12 yrs old) **965-7725**

Family Services Counseling Clinic

300 Crooks St., Green Bay

Crisis Center (eight free sessions) **436-8888**

Brown County Mental Health Center

2900 St. Anthony Dr., Green Bay **391-4700**