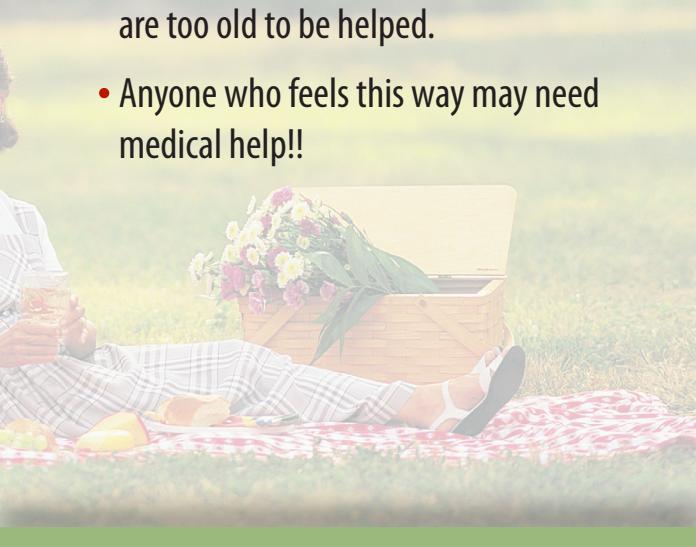


Depression:

*Everyone gets the blues
now and then....*

But when you can't experience joy when visiting your grandchildren or pleasure when seeing a good movie, there may be a more serious problem.

- Being "down in the dumps" is not a normal part of growing old.
- As many as 15 out of 100 adults over the age of 65 suffer from depression.
- Many people mistakenly believe that when a person is depressed they can just "snap out of it".
- Some individuals believe that seniors are too old to be helped.
- Anyone who feels this way may need medical help!!



Cumberland County Aging:

717.240.6110

toll free: 1.888.697.0371 x 6110

Perry County Area Agency on Aging:

717.582.5128

toll free: 1.866.926.5118

Cumberland Perry Crisis Intervention:

Camp Hill area: 717.763.2222

Carlisle area: 717.243.6005

All other areas: 866.350.HELP



Human Services Building

Suite 301

16 W High Street

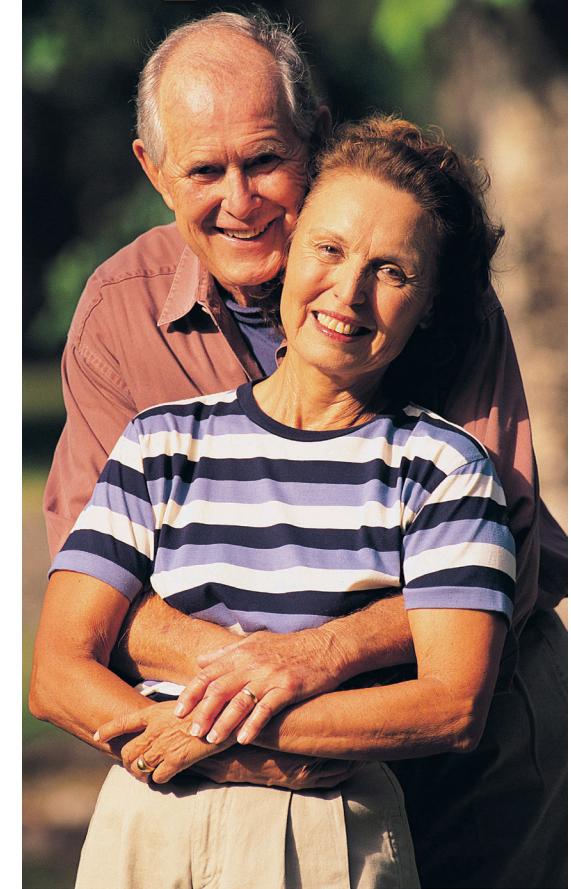
Carlisle, PA 17013

e-mail: mhidd@ccpa.net

717.240.6320

toll free: 1.866.240.6320

Depression



*Everyone gets
the blues
now and then....*

Depression Checklist:

If several of these symptoms last for more than 2 weeks, you should see a doctor:

- Ongoing sadness/anxiety
- Lack of energy
- Loss of interest or pleasure
- Decreased appetite
- Weight gain or loss
- Sleep problems, including difficulty falling asleep, early morning awaking or over sleeping



What Causes Depression?

- There is no single cause of depression.
- An event, such as a death of a loved one, or a sudden illness or surgery can bring on depression.
- Differences in brain chemistry or medications taken for other illness can cause depression.
- Some individuals seem to become depressed for no clear reason.
- Some forms of depression run in families.

Depression is Treatable!

Even the most seriously depressed person can be treated successfully, often in a matter of weeks. If you feel someone you care about may be experiencing depression, please have him or her speak to their primary care physician or family doctor.

Other resources include:

- Hospital based geriatric programs
- Psychologist, psychiatrists, social workers, counselors
- Clergy trained in counseling
- County Aging Office