

Depression: The Common Cold of the Brain

Symptoms of Depression

- * Difficulty concentrating, remembering details, and making decisions
- * Feelings of guilt, worthlessness, and/or helplessness
- * Insomnia, early-morning wakefulness, or excessive sleeping
- * Irritability, restlessness
- * Loss of interest in activities or hobbies once pleasurable
- * Overeating or appetite loss
- * Persistent aches or pains, headaches, cramps, or digestive problems that don't ease with treatment
- * Persistent sad, anxious, or "empty" feelings
- * Thoughts of suicide or suicide attempts



If you or someone you know is experiencing any of these symptoms please contact one of our professional staff.

*All information is kept strictly confidential
We're here to support Utah's farmers and ranchers and their families*

Depression: Get the Facts

Depression affects almost 1 in 10 Americans per year

Everyone, at some time in their life will be affected by depression - their own or someone else's

30% of women are depressed. Men's figures were previously thought to be half that of women, but new estimates are higher.

54% of people believe depression is a personal weakness rather than a common, treatable disease

80% of depressed people are not currently having any treatment

15% of depressed people will commit suicide

Depression will be the second largest killer after heart disease by 2020 - and studies show depression is a contributory factor to fatal coronary disease

Depression results in more absenteeism than almost any other physical disorder and costs employers more than \$51 billion per year in lost productivity

Major depressive disorder is the leading cause of disability in the U.S. and established market economies worldwide.

Even though women experience depression twice as much as men do, the rate of men who commit suicide is three times as that of women.

On average farmer's commit suicide at twice the rate of the general population. During economic hardship suicide rates increases to four times the rate of the general population