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How Does Depression Differ From Occasional Sadness?

October 9 is National Depression Screening Day

Everyone experiences sadness from time to time, but depression is more than occasional sadness. October 9 is National Depression Screening Day (NDS), an annual event to raise awareness of the disease and offer screenings for related mood and anxiety disorders.

Depression, if untreated, can have harmful effects on the mind and body. It can cause disruptions to daily life and research shows that it may be linked to various chronic illnesses.

Symptoms of depression can include lack of interest and pleasure in daily activities, significant weight loss or gain, difficult or excessive sleeping, lack of energy, problems concentrating, feelings of worthlessness or excessive guilt and possibly recurrent thoughts of death or suicide. With proper acknowledgement and care from family, friends and mental health providers, depression is highly treatable.

Contrary to popular belief, people with depression cannot simply “snap out of it” and feel better right away. Unexpressed feelings and concerns accompanied by a sense of isolation can seem untreatable, but even severe cases can be effectively treated.

The public is encouraged to participate in screening events or take an anonymous depression screening online at www.HelpYourselfHelpOthers.org. There are screening programs geared specifically toward military personnel and their families, college students, employees and the general public.

To learn more about depression and mind/body health, visit www.apa.org/helpcenter and follow us on Twitter at @APAHelpCenter. To view the video entitled, “Friends Helping Friends”, an animated video on how people can help a friend in need get help, [click here](#). To find out more about the South Carolina Psychological Association, visit www.scp psychology.com and follow us on Twitter at @SCPsychological.

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South Carolina Psychological Association is the only professional organization in South Carolina representing all areas of psychology: academic, practitioner, public service, and students. As a 501(c)(6) professional association that represents the professionals of psychology in South Carolina, South Carolina Psychological Association has the purpose to advance psychology as a science, as a profession, and as a means of promoting human welfare; to foster and maintain high standards of practice, teaching, and research in the field of psychology; and to make available to the public information regarding psychology as a science and as a profession.

The American Psychological Association, in Washington, D.C., is the largest scientific and professional organization representing psychology in the United States. APA's membership includes more than 130,000 researchers, educators, clinicians, consultants and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.