



# Mindful Wellness

www.healthyhaywood.org

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## COMMUNITY RESOURCES

### Haywood Community Connections

452-2370  
haywoodconnections.org

### REACH

456-7898  
reachofhaywood.com

### Smoky Mountain Center

1.800.849.6127  
smokymountaincenter.com

### KARE

456.8995  
karehouse.org

### Haywood Christian Ministries

456.4838

### NAMI

National Alliance on Mental Illness  
1.800.541.2682  
456-6897  
naminc.org

### A Health & Human Services Directory

211  
nc211.org

## What is Depression

Every one has had times when they are sad or "down" because of their life's circumstances and experience some of the signs of depression, but typically their mood begins to improve when the circumstances change, or more often, when they start dealing with the situation differently. For people who have been diagnosed with a depressive disorder it is a "whole-body" illness, involving their body, mood, and thoughts which lasts for 2 weeks or longer. The general symptoms include a sad mood, an increase or decrease in appetite and/or sleep, irritability, difficulty concentrating, low self esteem and feeling that "it will never get better".

A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who suffer from depression.

There is a TV commercial with a woman who has to be wound up in order to start the day. This is an example of severe depression which can easily be seen by friends and family. It is hoped that the person will be encouraged to see a professional who can make recommendations on how it can be treated. However, mild or moderate depression is much more common and is not always identified. If it is thought that an individual may be experiencing this level of depression they should be encouraged to see a professional. The professional can determine if they meet the criteria for a major depressive disorder or it is a "normal" response to their situation. The individual, while in treatment, may or may not be prescribed medication.

Author, Laura Janson, LCSW, is a Community Based Clinician at Smoky Mountain Center and the Chair of Healthy Haywood's Mental Health Action Team.

## How to Find Help

- Ask a friend if they can recommend a professional they have heard about.
- Ask a ministerial staff member
- Check with your insurance
- Check the phone book or check online -

### Key Word Search

Therapist  
Mental Health  
Counseling

## Everyone Has Challenges – You're Not Alone – Help is Available

Know someone who would like to receive this quarterly e-mail newsletter?

Contact the coordinator today – OR – Forward this e-mail on .

The Mental Health Action Team meets the second Thursday of each month at Whitman's Bakery from 3-5

Coordinator Information: sduginske@haywoodnc.net 828.452.6675 www.healthyhaywood.org

Healthy Haywood is a program of the Haywood County Health Department & Certified Healthy Carolinians Partnership