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|  | | Peaceful Mind Mental Health Newsletter | | | | | | | |  | |
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|  | Depressive Disorder | | | | | | | | | |  |
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| Rebecca Koskiniemi, MSW, LICSW | | | | | | peacefulmindmentalhealth.com | | | | | |
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| **What is Depression?**  Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.  **Causes**  There is no single cause of depression. Environmental factors, genetics, brain chemistry, stressful/traumatic life events, etc. can contribute.  **Common Symptoms**   * Persistent feelings of sadness * Loss of interests in activities * Trouble sleeping or oversleeping * Fatigue or decreased energy * Appetite or weight changes * Difficulty thinking clearly or quickly * Irritability, frustration, or pessimism * Physical aches and pains * Recurrent thoughts of suicide or death | | |  |  | **Treatment Options**  Common types of therapy used to treat depressive disorder include Cognitive Behavioral therapy (CBT), Dialectical Behavior therapy (DBT) and psychoeducation.  Therapy is commonly paired with other treatment options, such as medications. | |  | |  | | |
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| Peaceful Mind Mental Health provides mental health services in our New York Mills location and via secure, HIPAA compliant video conferencing. To make an appointment, please create a free account on the online portal and schedule yourself in the next available opening or call the number 218.731.8896. | |  |  | A butterfly on a flower  Description automatically generated | | |
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