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|  | Peaceful Mind Mental Health Newsletter |  |
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|  | Depressive Disorder |  |
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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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