

UNIVERSITY OF HOUSTON HEALTH CENTER

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DEPRESSION

How do you know if what you are experiencing is just a bad day or something more serious? Depression is more than the blues or the blahs; we all have our ups and downs depending on how our day or week is going. However, the transition from bad day to rut to clinical depression can be gradual and leave even the strongest person thinking, "Why can't I get out of bed?"

Depression is a serious health problem that affects the whole person. In addition to feelings, it can change your behavior, physical health and appearance, academic performance and the ability to handle everyday decisions and pressures. It is characterized by difficulty in concentrating, inability to experience pleasure, change in appetite or sleep and sometimes a sense of hopelessness along with suicidal thoughts.

Depression is not a reflection of weakness or lack of character as is often misinterpreted. You may be surprised to learn about the many legendary and famous people who have had bad bouts of Depression such as Vincent Van Gogh, the renaissance painter, who is said to have cut his ear off and contemporary CBS reporter Mike Wallace from 60 Minutes, as well as many famous actors, sport stars and celebrities.

Recent advances have shown that depression is often a result of biological factors such as a chemical imbalance in the brain that is generally inherited. Depression is readily treatable with medication and/or counseling. At the UH Health Center we are fortunate to have a highly skilled and compassionate psychiatrist-recently honored for her work with disabled students.

We also have several excellent General Physicians and Nurse Educators who are available for counseling and to answer your questions.

So, if it's been a while since you saw yourself smile or caught yourself laughing, please drop in. We can sit down and talk with you and get you back in the swing of things

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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