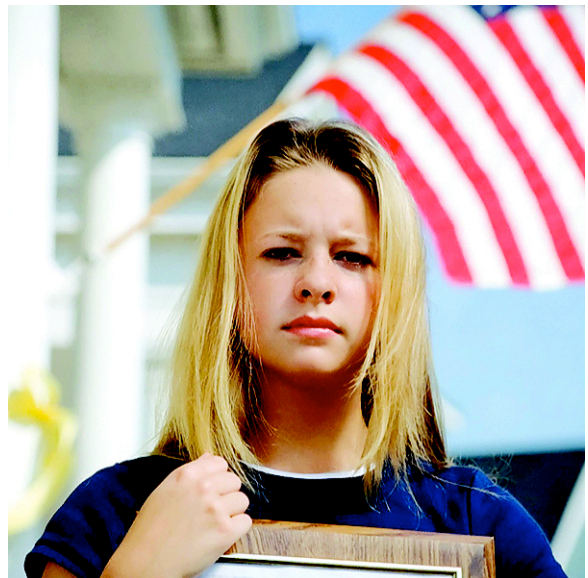




Military Families and Depression: Know the Facts

- Symptoms of depression are common in the military — 40 percent of military members and 33 percent of military spouses reported frequently experiencing feelings of depression.
- Symptoms of depression can affect individuals physically, emotionally and socially, as well as impact family and friends.
- Symptoms may vary based on age and development:
 - adults: pervasive sad mood, loss of interest in enjoyable activities, changes in eating or sleeping habits, lethargy, trouble concentrating, guilt, hopelessness or worthlessness, thoughts of suicide
 - adolescent: decrease in school performance, changes in involvement with school and friends, negative thought patterns, indecision
 - pre-adolescent children: crying, irritability, isolation, eating and sleep disturbance, acting out, clinginess
- Military members and their families have unique stressors that may increase symptoms of depression.
- Stigma within the military often prevents military members and their families from seeking treatment.
- Treatment with a mental health professional may include talk therapy, medication or a combination of both.
- Other ways to decrease signs of depression:
 - seek support and professional help
 - talk
 - listen
 - encourage military or family member to follow through with treatment
 - maintain healthy nutrition and exercise



For more information, visit: www.bluetoyou.org.

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