

Title:

Depression: The Downward Spiral

Word Count:

829

Summary:

An in-depth look on what causes depression and suicidal tendencies

Keywords:

antidepressant prescriptions most effective antidepressant

Article Body:

We all heard about the ^Blue Mood~ or comments like ^Oh she's got the blues today.~ But what

Discouragement and adversities can surely make one feel like being in the bottom of the heap,

Business failure...financial ruin....marital strife....family troubles...all these can cause a

Among teenagers, rejection is a very serious issue. The lack of self-identity and peer pressu

Indeed, depression affects our activities, our thoughts and relationships. It is usually trigge

Depression, like any other human illness, must be treated and given appropriate attention. T

Symptoms of Depression:

1. Mood swings that last more than a few days
2. A sudden weight loss or gain
3. Insomnia or hypersomnia (sleeping too much)
4. Loss of interest in all activities
5. Restlessness
6. Easily Distracted
7. Unusual talkativeness
8. Inability to concentrate or make simple decisions
9. Recurrent thoughts of death or suicidal thoughts

If you suspect your friend or relative is showing suicidal tendencies or if you hear morbid ta

Surely, moral support and encouragement is very important. Providing a depressed person a reli

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