

Depression

Depression is a mood disorder that negatively affects how a person feels, thinks, and handles daily activities (i.e., sleeping, eating, or working).

Did you know?

Approximately **9.5% of firefighters** suffer from Major Depression in comparison to about **5% of U.S. adults** and **8% of Canadian adults**.



Brought to you by Peer Support Central Texas, a 2016 Texas A&M and Baylor Scott & White Health study in partnership with the IAFF, funded by the Hogg Foundation for Mental Health.

Recognize the Symptoms:

- Experiencing decreased energy, fatigue or tiredness, feeling “slowed down” or sluggish
- Experiencing hopelessness, excessive pessimism, or negativity
- Having thoughts of worthlessness & helplessness
- Losing interest or pleasure in hobbies and activities that were once enjoyed
- Feeling restless, annoyed, anxious, or nervous
- Difficulty concentrating, deciding
- Thoughts of suicide

Peer Support Specialist:

[NAME]
[PHONE]
[EMAIL]

References and Resources:

- <http://www.iaffrecoverycenter.com/> (IAFF Recovery Center)
- <http://www.nimh.nih.gov/health/topics/depression> (Warning Signs and Services Near You)



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