Battling Depression: Pittsburgh, PA Specialists Help Loved Ones

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Article published on December 1st 2011 | Self Help

Sometimes, it gets so frustrating dealing with people who seem so down all the time. Could it be depression? Pittsburgh, PA specialists encourage individuals who have loved ones displaying depressive symptoms to seek out help for that person. What is very worrisome about this condition is that it is a common situation for many people and yet, the person suffering from the condition has a hard time seeing it. Often, their loved one brings this to the forefront.

Does Your Loved One Suffer?

For many people, understanding if their loved one has this condition is more of a challenge than you may believe. That is many people who suffer from this condition are likely to tell you that they simply do not have it or that there is nothing to worry about. That does not have to be the case, though. When it comes to depression, Pittsburgh, PA specialists say that loved ones can actually save the life of a family member by taking the time to spot the underlying symptoms that could bring on depressive symptoms.

Does your family member or loved one suffer from any of the following symptoms? If so, they may in fact be suffering from depression. Pittsburgh, PA doctors should be sought to overcome this condition in that case.

>> Does your loved one have prolonged sadness or may even cry without having a real reason to?

>> Does your loved one have anger, anxiety, irritability and agitation that comes on suddenly and may or may not have any obvious reason?

>> Does your loved one suffer from a feeling of worthlessness or guilt?

>> Does your loved one struggle to concentrate on tasks and may become indecisive?

>> Has he or she lost interest in doing the things they once loved to do?

>> Does this person exhibit signs of change in their appetites or sleep patterns?

>> Do they lack energy and may seem lethargic all the time?

In situations where these symptoms are happening, take action. Talk to your loved one about the condition and try and understand how often these symptoms occur. Generally, if a person has at least five of the above listed symptoms and exhibits them within a period of two weeks, this is an indication that he or she may be suffering from this condition. Getting help is critical at this point.

Without help, the individual is unlikely to see improvements in his or her health. It is quite possible that the individual will struggle for years to try to overcome the condition that he or she cannot overcome without help. But, there is help available.

Contact and work with a specialist in depression. Pittsburgh, PA has numerous providers that can provide for this particular need. These individuals will work closely with your loved one to understand if depression is occurring and then work to treat it if it is. Doing this can change a person's life. Even if they are discouraged at first about getting help, improving their quality of life can be life changing.

Article Source:
http://www.articleside.com/self-help-articles/battling-depression-pittsburgh-pa-specialists-help-loved-ones.htm - Article Side

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Article Keywords:
Anxiety Pittsburgh, PA,Â Depression Pittsburgh, PA

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