

sometimes complain of feeling exhausted for no reason.

4. *Has your ability to experience happiness and joy in life decreased or has your interest or level of pleasure in sex decreased?*

5. *Have you been having trouble thinking, concentrating or making decisions?*

6. *Have you been feeling guilty, worthless or down on yourself?*

7. *Have you been feeling more discouraged and pessimistic about things?*

8. *Have you been more prone to anger, more irritable, more easily annoyed?*

9. *Have you been wishing you were dead or had thoughts of taking your own life?*

10. *Have you been feeling needier, perhaps in need of reassurance, or have you been crying more than usual?*

11. *Have you been unable to sit still? Does it get to the point where it is necessary to be moving about constantly? Or are you feeling unusually slowed down, as if it's too much trouble to move about?*

12. *Have you been feeling inadequate and self-critical? Feeling as though you're considerably less attractive or competent than you used to be.*

13. *Have you been suffering from physical complaints lately, such as stomach or intestinal problems, severe headache or backache or other stress-related problems? Or, have you developed other stress related diseases?*

What Your Answers Mean

If you have answered yes to two or more of the various symptoms listed, there is a good possibility that you have clinical depression.

It might well be advisable for you to, at the very least, seek some form of consultation or assistance.

I Take Depression Seriously

Hello, I'm Edward J. Wilson and *I take depression seriously.*



When a new person calls me, the first thing I do is try to get a sense as to whether this person and I are compatible and whether this is someone I am likely to be able to help.

Sometimes I will suggest a short meeting, at no charge, so we can get to know one another a little.

Once I have accepted a patient into therapy for depression, I start by giving them information. Information is power and it's a major help to most people in their fight with depression.

I work to create a safe environment in which the patient becomes able to experience more of the issues that are going on inside themselves.

Then I use a number of different approaches to begin to help the patient discover the exact nature of the negative thoughts, beliefs and attitudes which created their depression.

These processes help my clients change the feelings of depression and recover.

To help my patients get the most effectiveness from these processes, I provide emotional support so they can deal with their issues successfully.

Slowly, as my patients understand more of the issues going on inside them and as they feel safe, they begin to grow.

I see their thoughts, their beliefs and their attitudes change. I see the pain stop.

If you want more information on depression, a free telephone consultation or to make an appointment, please call me. The telephone number is (713) 524-6377.

The Facts On Depression



**EDWARD JOHN WILSON,
MED, LPC, CHT, CCMHC**

***"Helping
You
Achieve
Your
Goals
Through
the
Power
of the
Mind"***

Depression Linked with Addictions

Depression is still our number one mental health problem in America.

Today, more and more people are turning to addictions such as nicotine, compulsive over-eating, alcohol, workaholism, drugs (both legal and illegal), promiscuity and gambling in an attempt to avoid or escape the suffering caused by depression.

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"Helping you achieve your goals through the power of the mind." 713-524-6377 (Information Line) 2715 Bissonnet Suite 301 Houston, Texas 77005



For some, the pain of depression becomes so great that they kill themselves in order to escape it.

While many people are aware of the link between depression and suicide, most are not aware that addictions are very often closely connected with depression.

For many of us, practicing an addiction is a way of numbing the feelings of depression.

In a sense, it's a way of self-medicating or tranquilizing ourselves so that the distress and suffering of depression will be lessened in some way.

Suffering Is Optional

Tragically, most of this suffering is unnecessary. The reasons: 1. Treatment, both through psychotherapy and medicine, is clearly effective. 2. Many who need help for depression simply do not seek it.

One of the key reasons so few seek help is that, for so many of us, the feelings and symptoms of depression are so vague that we are simply not aware that anything is wrong until some major problem develops. (See "Chronic, Low Grade Depression.")

Such problems include:

Major weight gain or loss in a short time. This can be a weight loss of as much as 10 to 30 lbs. in a month with a total weight loss of 10 to 30% of body weight or a gain of 20 lbs. up to as much as 100 lbs. or more. (See Symptom 1.)

Insomnia (Symptom 2.) Impaired ability to function. (Symptoms 3 thru 12.) Physical problems or serious diseases. (Symptom 13.)

Depression vs. Normal Grief & Despair

All of us have, at some time, experienced a sense of grief or despair. Perhaps it happened when we lost someone we cared for, lost a job or when our hopes and expectations were not fulfilled.

This grief is both a normal and ordinary reaction to loss. Unfortunately, a reaction that might at first appear normal and ordinary can, almost imperceptibly, turn into a far more serious problem. It can turn into *clinical depression*.

Chronic, Low Grade Depression

However, not all clinical depression starts that way. Many of us have been suffering all our lives from a chronic, low-grade depression which may have started when we were only children.

This type of depression stems from a damaged self image which we developed as a result of emotional, physical or sexual abuse or other trauma.

More tragically, many of us adults suffering from this type of depression are not aware of the depression itself nor do we recognize the abuse we experienced as children.

Often we don't think our childhood was abnormal yet we may have very few memories of it.

Thus we are the type of person most likely to try to escape depression through an addiction. Worse yet, we're not even aware that we're doing it.

Most of us greatly underestimate the severity of the problem. And, unfortunately, even our own families, the ones most likely to be able to recognize our plight, are often quite reluctant to take a stand and insist upon outside help and guidance.

The Benefits of Treatment

Treatment relieves the pain, cures the depression and makes it possible for us to deal with our addiction issues and break our addictions.

Clinical Depression

While the feeling of normal sorrow leaves one joyless it does not alter our view of ourselves.

But, when we become *clinically depressed*, it is very different. All of our real and believed misdeeds are brought into painfully sharp focus.

The memories of whatever unfinished emotional business we left behind us in the past are revived. Even what we once recognized as good about ourselves is often obliterated.

To make matters worse, the memory of the painful experience of depression, like the pain of childbirth, is short-lived. As soon as we come out of our oppressive despair we forget and want to stop treatment.

While some of us are unusually vulnerable to depression, none of us is immune to it. Even the few who escape depression will sooner or later encounter a family member or a friend who is suffering from it. Depression, it seems, affects everyone.

The Symptoms of Depression

1. *Have your eating habits changed?* Some people experience persistent or progressive loss of appetite while others experience increased food intake often followed by weight gain, often part of a vicious, self-perpetuating obesity-depression cycle.

2. *Have your sleeping habits changed?* The three most common aspects of this symptom are: a.) Difficulty falling asleep b.) Waking up and can't go back to sleep and c.) Sleeping unusually much or long.

3. *Have you been feeling fatigued, tired or run-down?* Depressed people almost always have a significantly decreased energy level and even