

# Double Depression

Double depression occurs when a dysthymia patient falls into a more serious state of major depression. Dysthymia is a form of depression that is more long-term than traditional depression, yet less severe. Unfortunately, the overlap of long-term mild depression and a deep period of major depression make double depression harder to treat than if the disorders existed on their own. Still, there are reliable and effective methods for treating double depression. Regardless of how hopeless you may feel, it's important to know that help is out there.

## Do You Have Double Depression?

Because of differing treatment options associated with double depression, a proper diagnosis is important. As such, it is recommended that you visit a licensed psychiatrist or center for depression that has considerable experience working with double depression. If you have suffered from a prolonged period of low mood and fatigue, followed by heightened feelings of guilt, sadness and low self-esteem, then you may be experiencing double depression. Additional symptoms that may indicate depression include irritability, headaches, backaches, mood swings, difficulty sleeping, change in appetite and thoughts of suicide.

Beyond the normal symptoms associated with depression, double depression patients typically also exhibit feelings of extreme hopelessness. It is this component of double depression that sometimes makes treatment difficult. However, knowledgeable professional institutions and individuals know that a treatment plan that focuses on this hopelessness is the best form of treatment.

## Double Depression Help Treatment Options

Seeking professional guidance and supervision is typically the first step in overcoming double depression. Through counseling, you will gain a better understanding of the causes and fears associated with both your short-term and long-term depression. You may also come to learn that your depression is called by stress, genetics, a chemical imbalance, or a combination of these and other triggers.

Once the root of the depression is understood, steps can be taken to control it. Medications may be prescribed to help balance chemicals in the body. Peer motivation and support is also an important part of double depression help. By rediscovering feelings of belonging and finding people who care and can identify with the feelings felt, double depression patients often receive the encouragement necessary to overcome the extreme feelings of hopelessness.