

# The Hidden Faces of Depression

By Anna Ferguson, LCSW



Often when we think of what depression “looks like” in ourselves and others, we are likely to picture someone who experiences a lot of sadness, low energy, and has trouble getting out of bed. While these are all common and important symptoms of depression to be aware of, there are also many “not-as-well-known” symptoms of depression that frequently get overlooked and missed. When this happens, we are much less likely to identify warning signs in ourselves and others or recognize that we may need to pursue treatment or outside support. This can lead to prolonged and lasting effects on the individual experiencing depression, their support systems and communities. And while letting symptoms of depression go unnoticed can lead to adverse effects, we also know that early identification and support seeking can have the opposite effect and promote resilience and recovery.

It all starts with us learning to recognize some of the “hidden” signs of depression. According to Psych Central, warning signs of depression that often go unnoticed include sleep difficulties (too much or too little sleep), changes in appetite (little to no hunger or increased hunger and difficulties reading hunger cues), and an increased consumption of alcohol (which often begins by drinking more socially). Additionally, Psych Central identified other subtle warning signs of depression, like displaying forced positivity, increased use of “I” and “me” language in conversations, increased “black or white” thinking, desperately wanting help (though not knowing how to accept help), and magnified feelings. Experiencing one or many of these symptoms does not inherently mean you or someone else is experiencing depression. However, when many of these symptoms are felt and persist beyond just a few weeks, that may be a sign that you or someone else may benefit from receiving some professional support.

If you are someone you care about may benefit from support, it can be difficult to know where to start or what steps to take first. A great place to begin includes reaching out to your Employee Assistance Program (Profile EAP), or your insurance provider, or by doing a search of your own (via internet or conversations with others in your community). While counseling may be intimidating, it can be a helpful avenue to gaining support in addressing the symptoms you (or a loved one) have been experiencing. In case of an emergency or if you or someone else is in imminent danger, you can always call the National Suicide Prevention Hotline at 988 to receive immediate crisis support.

The earlier we are able to recognize the signs and symptoms of depression, the earlier we can intervene and help lessen the impact of depression for ourselves and/or those we care about.

## RESOURCES

[8 Hidden Signs of Depression and How to Spot Them | Psych Central](#)

For more information or to schedule an appointment, call Profile EAP at **1-800-645-6571** or visit our website at [www.profileEAP.org](http://www.profileEAP.org).

Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health’s Office of the General Counsel at 1-303-673-8166 (TTY: 711). Copyright © Centura Health, 2021. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-303-643-1000 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-303-643-1000 (TTY: 711)

