

High-Functioning Depression



Depression doesn't always look like you may expect it to. Some people with depression can seem fine on the outside, but inside they're fighting a tough battle. This is called high-functioning depression. Learning how to identify high-functioning depression in yourself and your loved ones can help you know when to reach out for help.

What is High Functioning Depression?

High-functioning depression isn't an official medical term, but it describes people who have depression symptoms while still managing their daily lives. They might go to work, care for their families, and seem okay to others. But inside, they're struggling with sadness, low energy, and other depression symptoms.



Signs to Watch For

Here are some signs that someone might have high-functioning depression:



- Feeling Down** They often feel sad or empty, even if they don't show it.
- Low Energy** They're always tired, even after sleeping.
- Trouble Focusing** It's hard for them to concentrate or make decisions.
- Low Self-Esteem** They often feel bad about themselves.
- Changes in Eating or Sleeping** They might eat or sleep more or less than usual.
- Loss of Interest** Things they used to enjoy don't seem fun anymore.
- Keeping Up Appearances** They work hard to seem "normal" to others.

Why It's Hard To Spot

High-functioning depression can be tricky to notice because:

1. People might hide their symptoms.
2. They can still do their daily tasks, so others might not realize they're struggling.
3. The person might not realize they have depression.



Why Getting Help Matters

Even if someone seems to be doing okay, depression is serious. Without help, it can get worse over time. It can affect relationships, work, and overall health. In some cases, it can lead to thoughts of suicide.

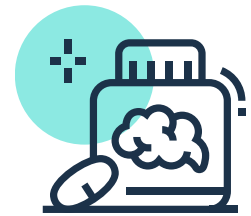
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How To Get Help

If you think you or someone you know might have high functioning depression:

- Talk to a doctor or therapist. They can help figure out what's going on and suggest treatments.
- Consider therapy. Talking to a professional can help work through feelings and develop coping skills.
- Look into medication. Some people find antidepressants helpful.
- Practice self-care. Exercise, healthy eating, and good sleep can make a big difference.
- Reach out to others. Talking to friends or joining a support group can help you feel less alone.



Valley Health offers comprehensive mental health services for individuals struggling with high-functioning depression. If you or a loved one are experiencing symptoms of high-functioning depression, our team of trained professionals is here to help. We provide various services including counseling, clinical assessments, psychiatric care, and medication management tailored to each individual's needs. Our goal is to support you in living your best life, even when facing mental health challenges. Don't hesitate to reach out to Valley Health for compassionate, professional care that can make a real difference in managing high-functioning depression.

Remember

Depression isn't a sign of weakness. It's a real health issue that needs care, even if someone seems to be functioning well. With the right help, people can feel better and enjoy life more fully.

If you're having thoughts of suicide, call the National Suicide Prevention Lifeline at 988 for free, 24/7 support.