



# Behavioral Health Services

**For more information,  
or to make a referral,  
please call:**

Innovations Partial  
Hospitalization Program  
**484-838-6380**

Behavioral Health Intake  
(psychiatric evaluation or  
outpatient counseling)  
**484-822-5700**

Inpatient Care  
**484-629-5091**

## Depression

**Depression goes much deeper than a passing blue mood, and people with a depressive illness cannot merely “pull themselves together” and get better.**

Without treatment, symptoms can last for weeks, months or even years. However, there is hope and help for people who suffer from depression...

A depressive disorder is an illness that involves the body, mood and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself and the way one thinks about things. It is not a sign of personal weakness or a condition that can be willed or wished away.

## Checklist

Below is a checklist of 10 symptoms of clinical depression. If you or your patient experience five or more of these symptoms for longer than two weeks, or if the symptoms are severe enough to interfere with a daily routine, referral for mental health treatment is advised.

- Thoughts of death or suicide (require immediate mental health intervention)
- A persistent sad, anxious or “empty” mood
- Reduced appetite and weight loss or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that do not respond to treatment
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Sleeping too little or sleeping too much
- Feeling guilty, hopeless or worthless

Outpatient psychotherapy, partial hospitalization (short-term mental health treatment five days a week) and psychiatric medication management are all available at St. Luke's University Health Network.