

Depression Treatment in Utah

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Signs of Clinical Depression

Clinical depression is more than feeling sad or unhappy for a while. Depression is a serious mental health issue that can affect many aspects of your health and life. Major Depressive Disorder, sometimes referred to as Clinical Depression, is the leading cause of disability for individuals aged fifteen to forty-four. More than 61.1 million American adults struggle with this debilitating disorder. ***Depression is also highly treatable, and has seen the greatest success when being treated with a combination of medication professional therapy.*** Next Level Recovery can assist in your journey out of depression, with their highly skilled team of clinicians.

Symptoms of Depression

The symptoms of depression are well known, but often contradictory. These include sleeping too much or too little and eating too much or too little. You may be feeling a loss of interest in activities you once enjoyed, a feeling of hopelessness, and isolation. Depression often co-occurs with anxiety disorders, and occasionally with substance abuse disorders. Next Level Recovery, a dual-diagnostic program, understands that treating these disorders must be done by finding the cause, as well as addressing how various challenges can interact and affect each other.

Symptom of depression may include:

- Hopelessness
- Intense sadness
- Apathy
- Guilt
- Loss of interest or pleasure in things you once enjoyed
- Eating too much or too little
- Insomnia or hypersomnia (sleeping too much)
- Anxiety
- Lack of concentration
- Tearfulness
- Irritability
- Fatigue



Our Skilled Depression Therapy Professionals Can Help

Depression is a very challenging condition to live with, and often times it can feel as if you are facing it on your own. With the help of the dedicated team at Next Level Recovery, you can learn to cope and ultimately find healing and hope while battling depression.

Call Next Level Recovery today to schedule a free, no-obligation consultation 801-719-5306.

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