What You Should Know About PTSD Depression

PTSD, or post-traumatic stress disorder, is a type of mental health disorder that occurs after experiencing a traumatic event. This could be surviving a war, being in a bank while it was robbed, or suffering years of torment at the hands of an abuser. PTSD has its own symptoms, but among them are moderate to severe depression. Here are some things to know about the commonality between PTSD and depression.

**Know the Signs of Depression**

First of all, if you have PTSD, you need to know the signs of depression. There is a big link between PTSD and depression, often referred to as the same mental health condition. Many of the symptoms of PTSD are the same as depression, but these can be experienced separately or together. Just because you have PTSD doesn’t necessarily mean you will be depressed, and PTSD is not a prerequisite for depression.

Some common signs of depression are:

* Feeling worthless or like your life doesn’t matter
* Odd sleeping patterns, either sleeping too much or not enough
* A major change in your eating habits, usually with lack of appetite
* Difficulty staying focused on anything
* Problems with relationships or work
* Thinking about harming yourself

**Getting Treatment For PTSD Depression**

It is important that if you have PTSD depression, you are treating both the PTSD and the depression. There are many different treatment options, ranging from anti-depressant and anti-anxiety medications, to cognitive behavioral therapy, individual or group therapy sessions, and some natural remedies. Getting more exercise, socializing with others who understand what you are going through, eating a healthy diet, and meditating can all be really helpful with both of these conditions. Journaling is also helpful with both PTSD and depression.

**Managing Your PTSD Depression**

Make sure you let your doctor know immediately if you notice signs of depression after being diagnosed with PTSD. PTSD is actually a form of anxiety, so it might be treated slightly different than the depression. These are complex mental health conditions that do require some medical treatment and possibly counseling from a mental health professional. Do not ignore the feelings of depression or anxiety as a result of the PTSD, as this could harm you in the future. Take this one day at a time, talk to a therapist, and look for ways that help you feel better as an individual.