



Depression Treatment Program

Give us a call at [855.497.0917](tel:855.497.0917) and
get help today confidentially



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What Is Depression?

Sadness is a part of life, and everyone experiences loss and disappointment at specific points. However, depression is more than simply feeling down. It is a mental health issue characterized by a persistent low mood. However, it may be challenging to understand what exactly that means. Depression causes individuals to no longer experience pleasure in activities or associations with others. It leads to lethargy and an intense sense of shame and anger turned in on oneself.

Clinical depression is pervasive sadness that doesn't fade away in time. Depression causes changes in appetite, sleep, self-esteem, relationships, and pain management. In addition, it affects the mind and the body in ways that other people often misunderstand. Depression affects different people differently, depending on individual brain chemistry and life circumstances. Some people react to depression by lashing out at people close to them, while others hide their distress. Seeking treatment for depression can help people repair relationships with the people they love.

Depression is not simply a transient bout of sadness; it is a chronic mental health issue that engulfs everyday life, turning even the simplest tasks into insurmountable challenges. Recognizing the signs of depression is the first step toward recovery. There are a few key indicators that could suggest you're battling depression.

The number of Americans coping with depression is staggering. Depression is one of the most common and severe mental health issues facing people of all ages. Finding mental health treatment is one way to both prevent depression and treat it should it arise. Clinical depression is a condition that causes prolonged feelings of sadness that prevent a person from functioning normally. Our depression treatment program in Florida can offer options, hope, and a plan.

Whether you are looking for inpatient or outpatient treatment for depression, Harmony Hills has the people, programs, and activities to help you recover. Our amenities, such as basketball courts and ranch-style layout, provide the perfect environment for healing. For more information about our Florida [mental health treatment programs](#), contact Harmony Hills at [888.920.6370](tel:888.920.6370).

Is Residential Depression Treatment Right for You?

Residential depression treatment could be the solution if you are finding it challenging to manage your symptoms and day-to-day emotions. While residential treatment for depression is not for everyone, here are some signs it could be for you or a loved one:

- You've tried other forms of treatment (e.g., outpatient therapy, medications) and are not seeing any improvements in your depression symptoms
- Your depression has become so severe that it is affecting your day-to-day functioning or relationships
- You feel overwhelmed by the demands of daily life and need a break from the chaos
- You need to be in a safe and supportive environment so you can focus on recovery
- You are experiencing [suicidal ideation](#), [self-injurious behavior](#), or other dangerous behaviors that cannot be managed without 24/7 care



Inpatient treatment can be an essential step in your mental health recovery journey. If you feel that residential depression treatment could be the right option for you, reach out to Harmony Hills today. Our experienced and compassionate team of mental health professionals is here to support your needs.

How Do You Know If You're Depressed?

The first step in getting treatment for depression is to identify the symptoms. A licensed mental health professional will ask about your symptoms, medical history, and family history. They will also want to know about any substance abuse issues or trauma you have experienced. In some cases, a physical exam and lab tests may be necessary to rule out other causes of your symptoms.

Recognizing the signs of depression is crucial for seeking timely intervention and treatment. Here are some common symptoms that could indicate that you or a loved one is suffering from depression:



Depression Statistics



Globally, an estimated **5%** of adults experience depression, with higher rates of it among older adults, pregnant people, new parents, and women.



Approximately **280,000,000** people in the world have depression.



Depression carries many risks, such as that of suicide, especially among 15 to 29-year-olds, where it is the **fourth leading cause of death** in this age bracket.

Millions of people experience depression every year. While commonly debilitating, access to care can significantly improve the lives of those battling depression. Treatment centers can help give hope back to the many people with depression.

Sources

<https://www.who.int/news-room/fact-sheets/detail/depression>



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- Persistent sadness or feeling of emptiness
- Difficulty concentrating and making decisions
- Feeling hopeless or pessimistic
- Decreased interest or pleasure in activities once enjoyed
- Difficulty sleeping or oversleeping
- Changes in appetite or weight
- Feelings of worthlessness or inappropriate guilt
- Restlessness or irritation

- Physical symptoms such as headaches or digestive problems that do not ease with treatment
- Thoughts of death or suicide, or suicide attempts

If you recognize these symptoms, it's essential to understand that you're not alone. Many people have found hope and healing at our depression treatment center in Florida. We encourage you to reach out to Harmony Hills for comprehensive support and treatment options.



Types of Depression

There are several types of depression, each with its own set of symptoms. For instance, the types of depression include:

- **Major depressive disorder** – This is the most common type of depression. It is characterized by a loss of interest in activities, fatigue, changes in appetite, sleep disturbances, and feelings of worthlessness.
- **Persistent depressive disorder** – This type of depression is characterized by

a low mood that lasts for at least two years. It may also include symptoms of major depressive disorder.

- **Bipolar disorder** – Though not technically a type of depression, [bipolar disorder](#) is characterized by periods of mania and depression.
- **Seasonal affective disorder** – This type of depression is characterized by a change in mood in response to the seasons. It is more common in winter when there is less sunlight.
- **Postpartum depression** – This type of depression occurs after a woman gives birth. It is characterized by fatigue, changes in appetite, sleep disturbances, and feelings of worthlessness.

Over time, and with the help of a specialized depression treatment program in Florida, it is possible to begin healing from any form of depression.



How Does Depression Lead to Chemical Dependence?

People suffering from depression sometimes turn to mind-altering substances to temporarily relieve their symptoms. Certain medications prescribed by doctors appear to treat the symptoms of depression by masking symptoms. People often assume that any medication prescribed by a doctor is safe. If they've never battled addiction in the past, people don't think twice about occasionally taking a higher dose than their doctor prescribed.

Unfortunately, many of these chemicals have dangerous side effects and end up causing impairments that cause people to need a medical drug detox center. [Substance use disorder](#) causes people to seek out harmful drugs to feel normal, and so it often co-occurs with conditions like depression.

Self-Medication with Substances

Individuals without access to medical care may turn to alcohol or other drugs to relieve symptoms of depression. Self-medication can be dangerous because doctors or mental

health professionals can't monitor it. When a person becomes dependent on a substance to feel okay, they stop developing coping skills and problem-solving abilities. Taking certain medications for an extended length of time causes changes in brain chemistry. These changes can increase a person's likelihood of developing chemical dependence and exacerbate the symptoms of depression.

Dual-Diagnosis Depression Treatment Program

[Dual-diagnosis treatment](#) at Harmony Hills can help guests work through co-occurring addiction and mental health issues. Our staff collaborates with a patient's regular physician or psychiatrist (when available) to determine the best course of action for mental health and addiction treatment. We specialize in treating the following conditions:

- Depression
- Personality disorders including [histrionic personality disorder](#) and [BPD](#)
- [Anxiety disorders](#)
- [Schizophrenia](#)
- [PTSD](#) and other trauma disorders

Every aspect of assessment, diagnosis, and treatment is conducted in our research-based, people-centered treatment center.

What to Expect from Our Depression Treatment Program in Florida

People with untreated depression often experience intense feelings of guilt and inadequacy. Depression can cause low self-esteem and attachment issues. People with severe depression may battle suicidal thoughts or ideations. Seeking treatment for depression may seem inconvenient, but it can offer people a chance to get their lives back. For many people, finding the right depression treatment program is the first step toward living a happy, meaningful life.

Here at Harmony Hills, we offer a variety of mental health therapies to assist with the treatment of depression and other mental health concerns, such as:

- Cognitive-behavioral therapy
- Dialectical behavior therapy
- EMDR therapy
- Family therapy
- Group therapy
- Individual therapy
- Relapse prevention therapy
- Trauma therapy

We understand that depression can feel overwhelming, but at Harmony Hills, our expert team is dedicated to providing the highest level of care in a nurturing and supportive environment, helping you navigate your journey toward mental wellness with conditions like depression.



Residential Depression Treatment Center

Seeking mental health treatment is a courageous and life-changing decision. Harmony Hills' residential depression treatment center in Florida provides comprehensive support, resources, and therapies to help you achieve long-lasting recovery. Our peaceful, ranch-style setting offers a serene environment for healing and self-discovery. With amenities such as basketball courts, pool access, and comfortable living quarters, we aim to make your stay as comfortable and enjoyable as possible.



Residential treatment can be a big decision to make. However, for individuals struggling with severe depression, it can be an essential step towards recovery. Our residential program provides 24/7 support and a structured treatment plan tailored to your unique needs.

Some benefits of a residential depression treatment center include:

- A safe and supportive environment where you can focus on recovery without distractions or stressors from the outside world.
- Comprehensive care with access to various therapies, including individual, group, and family therapy.
- The opportunity to connect with others who are going through a similar journey and build a strong support system.
- Access to medical professionals who can monitor your progress and make any necessary adjustments to your treatment plan.
- The chance to participate in recreational and holistic activities promoting healing and self-care.

Depression affects millions of individuals every day, but it doesn't have to control your life. At Harmony Hills, our depression treatment program in Florida offers compassionate care and evidence-based therapies to help you overcome depression and live a fulfilling life.

Learn More About Our Depression Treatment Program at Harmony Hills

Coping with depression causes immense suffering. The sooner you start treatment, the sooner you can start healing.

Without treatment, symptoms can progress until they are unmanageable and dangerous. A depression treatment program can help set you free. Take the first step toward a happier, more connected life by [contacting Harmony Hills](#) at [888.920.6370](tel:888.920.6370).





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"Harmony Hills is amazing! I sent a loved one here and can't say enough about the change that occurred within her. A big thank you to everyone from management to the medical, techs and clinical staff! Keep doing what you do!"

- Burton B.

