Mental Health Matters

October 2025

October is National Depression and Mental Health Screening Month

Raising Awareness | Encouraging Screenings | Supporting Mental Wellness

What Is Depression?

Depression is more than just feeling sad. It's a medical condition that affects how a person feels, thinks, and functions in daily life. It can interfere with school, work, relationships, and even basic tasks like eating or sleeping. Depression can affect children, teens, and adults and often looks different across ages and genders. The most important message: help is available, and recovery is possible.

Common Causes of Depression

- **Genetics –** Family history of depression or mental illness
- **Brain chemistry** – Chemical or hormonal imbalances
- **Stress or trauma** – Abuse, loss, or major life changes
- **Chronic health conditions** – Such as cancer, diabetes, or heart disease
- **Substance use or medication** – Certain drugs may trigger symptoms
- **Hormonal shifts** – Puberty, pregnancy, postpartum, or menopause
- **Lack of support –** Social isolation or loneliness

Signs & Symptoms to Watch For

- Ongoing sadness or hopelessness
- Loss of interest in hobbies or social activities
- Sleeping too much or too little
- Changes in appetite or weight
- Constant fatigue or low energy
- Trouble focusing or making decisions
- Irritability or anger (especially in children and teens)
- Aches or pains without clear cause
- Withdrawing from family, friends, or school
- Thoughts of death, suicide, or self-harm

OPTUM®

Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free **888-444-8624** any time
OR
Go to **www.liveandworkwell.com** and browse as a guest using code **CSEBO**

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988 SUICIDE & CRISIS LIFELINE

Treatment Options

Most people improve with treatment. Early help makes a big difference.

- Talk therapy (psychotherapy)
- Medication (prescribed and monitored by a provider)
- Lifestyle changes – Exercise, nutrition, sleep routines
- Light therapy – Especially for Seasonal Affective Disorder
- Support groups – Peer support and shared experiences
- School-based counseling

Treatment is not one-size-fits-all. A healthcare provider can help determine the best approach based on each individual's needs.

When to Get Help

If you or someone you care about is struggling, don't wait. Support is available:

- Talk to a doctor, school counselor or mental health professional
- In an emergency, call 911 or the Suicide & Crisis Lifeline at 988.

In emergencies, call 911

Mental Health Matters – All Year Long

This month and every month, let's continue supporting students, families, and staff by reducing stigma, encouraging open conversations, and promoting access to care. Mental health matters.

Full article found at
https://medlineplus.gov/depression.html

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Local and National Resources and Support

911 For Immediate Support
Ventura County Crisis Team (866) 998-2243 (24 hours)
Suicide Prevention Lines (24 Hours)

- **National Suicide Prevention Lifeline** 988 or (800) 273-8255
- **Suicide Prevention Crisis Line** (877) 727-4747
- **National Hope line Network** (800) SUICIDE or (800) 784-2433
- **California Youth Crisis Line** (800) 843- 5200 –24 hours, bilingual
- **TEEN LINE** (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email, and message board also available, with limited hours—visit http://teenlineonline.org for more information.
- **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours—visit www.thetrevorproject.org for more information.

In case of an Emergency:

911 For Immediate Support
Ventura County Crisis Team
(866) 998-2243 (24hrs)