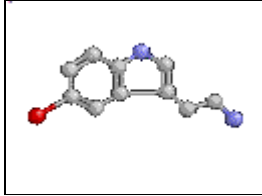


[HOME](#) [BUDDHISM](#) [ART](#) [PSYCHE](#) [RANTS](#) [MISC](#) [CONTACT](#)

- [Depression](#)
- [Borderline Personality Disorder](#)
- [Mental Illness and Creativity](#)



Depression is an illness which affects the whole individual - mind and body.

Depression is characterized by

- Feelings of despair and hopelessness
- Self hatred
- Thoughts of suicide very often leading to suicide attempts
- Inability to experience pleasure
- Feelings of, or actual isolation
- Disturbed sleep, insomnia
- Inability to concentrate
- Fatigue or loss of energy

Serotonin is a molecule which certain brain cells use to communicate with each other (see the animated gif above). **Depression** is always associated with a drop in the level of serotonin in the patients brain. Drugs which are used to alleviate **depression** work (mainly) by raising the level of serotonin in the brain.

There has been a great deal of research about **depression** recently. Because the disease is so very prevalent, drugs such as Prozac are making the drug companies a lot of money, and of course have been getting a lot of publicity. In short **depression** is trendy in the medical profession. Not that I'm complaining since it has eventually led to me getting more effective treatment. My experience suggests however that the disease is still not well understood even amongst the medical profession.

[The Neurobiology of Depression](#) an article from Scientific American which describes the physiological aspects of **depression**

General Depression Links

[Walkers in Darkness](#) is a very good site for information on **depression** and other mood disorders. Though it does seem to have lots of broken links at the moment.

[Depression.com](#) is another major site.

[Alt.Support.Depression/FAQ](#)

[Dr Ivan's depression Central](#) - aims to be a comprehensive **depression** resource on the web.

[Depression](#) - a very long list of links.

[The Lancet](#) - has articles about all kinds of medical topics and includes a section on medicine and the arts. Must register as a user to access articles.

[Suite 101 - Depression Links](#) with a rating and annotation - very useful

My experience of depression

I don't know when I first became depressed but I think I have had 4 or 5 episodes of major (ie clinical) **depression** in my life. Having read other people's accounts of **depression** I would say that I have been lucky - for one thing I have survived, just, and my episodes have not been so completely debilitating as they could have been.

I've taken a variety of anti-depressant drugs and I'm currently taking Aropax (paroxetine) a relative of Prozac - hey I'm a part of the Prozac generation :-). My experience is that they do work, but on their own they are not enough. Yes they will alleviate the obvious symptoms, but for me there is a lot of attendant psychological disturbance that I need to work on and I have a good counsellor who is invaluable at the moment.

One of the most painful aspects of having **depression** is the reactions of the people around me. People always seem to think that my aberrant behaviour during my worst periods is something that I'm choosing to do - that I just need to pull myself together. At long last **depression** is being recognised as a disease with physiological causes and effects (see the Sci Am article above) - you can't just snap out of it, and many people die as a result of having it. The myth that depression is a sort of personality flaw, a psychological weakness, a cop out etc is still quite prevalent and causes much unnecessary suffering.

One of my doctors told me that I would never be able to live a normal life, that I would have to avoid stress at all costs and move out of the busy city. He then proceeded to prescribe an antidepressant drug at about 1/3 of the clinically effective dose. By the time I figured out for myself that he didn't know what he was talking about and sought a 2nd opinion I was suicidal and barely able to get out of bed in the mornings.

Things are a lot better at the moment, though my marriage broke up partly as a result of me being depressed. I'm an active [artist](#) and try to keep fit which really helps. I also practice Buddhist meditation which is very helpful in maintaining my physical and mental well being. I have a few friends who have been there and they're quite helpful. I've had to walk away from friendships with people who just didn't understand where I was coming from and were basically detrimental to my health



This [Walkers in Darkness: The Ring](#) site is owned by [Michael Attwood](#).
[[Skip Backwards](#) | [Backwards](#) | [Random](#) | [Forwards](#) | [Skip Forwards](#)]