

SIX SIGNS THAT SOMEONE CLOSE TO YOU IS SUFFERING FROM HIGH-FUNCTIONING DEPRESSION:

Depression is an incredibly pervasive disease, affecting up to 350 million people worldwide and a leading cause of death. However, High-Functioning Depression can be even deadlier. Being tougher to spot, high-functioning depression can easily go unnoticed despite a dire need for treatment. People with high-functioning depression tend to be good at avoiding detection, however their feelings of debilitating hopelessness, helplessness and suffering are just as real, if not more so. If you are close to a loved one that you believe may have high-functioning depression, use these behaviors to help you.

1) Prone to accidents

When someone is being quite clumsy and nervous whilst performing everyday actions, it may be a sign that they are overthinking their actions in order to cover any giveaways of depression. Of course, clumsiness is a very normal behavior and may not be an issue. Make sure you consider other symptoms before jumping to any conclusions. Read more about how clumsiness and anxiety is related here.

2) Using anxiety as a cover-up

Anxiety and depression often go hand in hand. However, some high-functioning depressed individuals may be using anxiety as a cover-up for their depression. Thus, their high-functioning depression might actually be the root cause of their anxiety. Some signs of anxiety are; compulsive behavior, self-consciousness, stage fright, sleep problems.

3) Overreacting to trivial things

While many high-functioning depressed individuals may be good at covering up their problems, they sometimes exhibit unintelligible behavior that may point to real suffering. Overreacting to a trivial matter can be a sign that something larger is bothering them. If it is a repeated behavior and often unjustified, the person may be hiding something bigger than it seems from you. Read more about the relationship between depression and overreacting here.

4) Substance abuse

With little room to express their real thoughts and emotions, high-functioning depressives may seek another mode of escape, leading them to succumb to substance abuse. Whatever the form, be it drugs, alcohol or even binge-eating, it is another sign that an individual requires help. Their substance abuse can be supplemented with a more productive solution such as therapy/ treatment if the reason behind the consumption is identified.

5) Neglecting self-care

This one may be the easiest to spot. Resulting from emotions of low self-worth, a high-functioning depressive patient may not feel the need to care for their hygiene and general appearance. Alternatively, because of mounting pressure, their self-care simply may not take priority.

6) Overachieving

A high-functioning depressed patient will rarely sit still or be unproductive. They are constantly finding ways to create value for themselves, commonly driven by an extremely low sense of self-worth. Seeking self-redemption, a highly functioning depressive may actually appear optimistic or happy since they are constantly occupied and productive. Nonetheless, it may be misleading to equate productivity levels with high self-worth and healthy self-esteem. Read about one person's experience with high-functioning depression and productivity here.

High-functioning depression is one of the most elusive mental illnesses and is all the more dangerous because of sufferers' ability to camouflage themselves. It is important, however, to consider these symptoms with a sharp eye in order to spot the high-functioning depressed patient to try and help them in any way possible. It is also important to understand that they may have motivation to hide this including shame or a feeling of being pathetic. Thus, helping these individuals generally requires a great deal of patience and open-mindedness.