



# News Release

University of Nevada School of Medicine

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Everyone becomes depressed at times. It's just a part of being human. On today's HEALTHLINE, Dr. Grant Miller of the University of Nevada School of Medicine, says you should strive to regain a positive outlook, once you have identified the reason for the depression:

"Depression is a normal reaction to loss, most frequently, the loss of a friend, but possibly the loss of a job or the loss of self esteem after having a conflict. Symptoms of depression include loss of sleep, loss of appetite, loss of energy, and sometimes even suicide thoughts. Depression is self limited. The most helpful treatment approach is talking to another person. If this does not work after a month or two, there are many effective treatment approaches conducted with the help of a mental health worker."

This is HEALTHLINE from the University of Nevada School of Medicine.