

WHAT TO DO FOR DEPRESSION AND ANXIETY%0A

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[What to Do When Depression and Anxiety Mix - WebMD](#)

What to Do When Depression and Anxiety Mix. By Kara Mayer Robinson. From the WebMD Archives. You've noticed some changes lately. Maybe you feel sad, hopeless, or don't get any joy out of

[Teen Depression and Anxiety: What Parents Can Do to Help](#)

Causes, Connections, and What Parents Can Do to Help. Teen depression is on the rise, and a parent's best strategy to help a child is to promote the development of key skills. [Anxiety vs Depression - Tips to help understand the difference](#)

If you ask someone to name two common mental health problems, chances are they will think of anxiety and depression. Despite the fact that they are commonly referenced in conversation, people still struggle sometimes to determine the difference between these two conditions. [Anxiety vs. Depression: How They Differ And What To Do](#)

Overall, depression tends to have fewer physical symptoms, but the mental manifestations can be more dangerous than the outcomes of anxiety. Clinicians have observed that when anxiety and depression are present in one person simultaneously, the symptoms of both are more severe.

[Depression and Anxiety: Symptoms, Self-Help Test ...](#)

Depression and anxiety can occur at the same time. In fact, it's been estimated that 45 percent of people with one mental health condition meet the criteria for two or more disorders.

[Depression and anxiety: Can I have both? - Mayo Clinic](#)

Anxiety may occur as a symptom of clinical (major) depression. It's also common to have depression that's triggered by an anxiety disorder, such as generalized anxiety disorder, panic disorder or separation anxiety disorder.

[When Depression and Anxiety Occur Together - Verywell Mind](#)

While depression and anxiety have distinct clinical features, there is some overlap of symptoms. For example, in both depression and anxiety, irritability, decreased concentration and impaired sleep are common.

[How to Cope With Anxiety and Depression | Everyday Health](#)

The incidence of developing depression in addition to an anxiety disorder is high almost half of all people with

major depression also suffer from severe and persistent anxiety, Connolly notes.

What is the Difference Between Anxiety and Depression?

One of the most common issues that people have is trying to tell the difference between anxiety and depression.

While the two share a lot in common, they are separate conditions, and your disorder plays a very important role in your treatment.

How to Fight Depression and Anxiety | Psychology Today

Anxiety and depression are probably two faces of the same coin. Surveys have long shown that 60 to 70 percent of people with major depression also have an anxiety disorder, while half of those