

# Identification and Treatment of Major Depressive Disorder (MDD) for Adults

## Common Presentation

- Unexplained pain complaints
- Low energy
- Apathy, irritability, anxiety
- Sexual complaints
- Disrupted sleep patterns
- Vague GI symptoms
- Appetite changes
- Social avoidance
- Headaches

## Assess Family History

First degree relatives with MDD, Bipolar Disorder and/or Suicidal Behavior

## Suicide and Violence

### Assessment

Does your patient have the...

- Thoughts
- Intent
- Plan
- Means (including access to firearms)
- Behavior

...indicating risk to himself/herself and/or others

## National Suicide

Prevention Lifeline Statewide 24/7  
800-273-TALK (8255)  
TTY line: 800-799-4889

## Rochester Community Mobile Crisis Team

585- 275-5151 or (800) 310-1160  
TTY line: 585-275-2700  
On-call response available after hours  
Mon-Fri, 8:30am-10:00pm  
Weekends and Holidays, 10:00am-6:30pm  
Referrals can be made 24 hours a day, 365 days of the year.

In an emergency, contact one of the psychiatric ERs for guidance:

- RGH Crisis Intervention Unit: 585-922-3728
- SMH: 585-275-4501
- Unity: 585-368-3950

## Assessment and Identification

