


Mood Disorder Treatment in Utah

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Healing is a Choice and Opportunity to Live a Life of Meaning and Freedom

[Home](#) / Mood Disorder Treatment in Utah

The National Institute of Mental Health estimates that 21.4% of the adults in the United States experience a mood disorder at some point in their life. While in the past, distinct treatments for depression or mood disorders existed, today people suffering from such can be treated and continue with their productive lives. [Pathway Real Life Recovery Program](#) aims at helping individuals suffering from [mood disorders and mental conditions](#) regain a purposeful life. If you or someone you know is battling mental health issues, contact us by calling us at 801-828-2701 or fill our [online form](#).



The Types of Mood Disorder We Treat

Moodiness and the associated symptoms develop disorders if they affect a person's functioning at work, school, home, in social events, and other meaningful interactions. We effectively treat different types of mood disorders including:

- **Major depressive disorder** – also referred to as clinical or major depression, this type of mood disorder is characterized by long periods of unexplained extreme sadness, desperation, and/or fatigue that could last for at least two weeks. While it could be triggered by certain illnesses or life events, one could develop depression without a specific trigger. A person who has a history of depression is likely to experience more episodes in the future.

- **Persistent depressive disorder (dysthymia)** – this is a mild, but an ongoing type of depression. Dysthymia is characterized by bouts of depression or irritability that could last for as long as two years.
- **Bipolar disorders** – this is a mental health issue whose symptoms include extreme lows and highs in a person’s mood and energy. These abrupt shifts can negatively impact the victim’s life. Bipolar disorder can have either manic or depressive symptoms. Manic symptoms include excessive restlessness, energy, activity, racing thoughts, rapid talking, irritability, a euphoric feeling, and so on. Bipolar disorder can be further classified into Bipolar I disorder and Bipolar II disorder.
- **Seasonal affective disorder (SAD)** – this is a depressive disorder that has a seasonal pattern. For most people, SAD symptoms start during the fall and intensify during the winter. The symptoms include a general feeling of lethargy and moodiness, which could develop into a depression during the spring and early summer.
- **Generalized anxiety disorder (GAD)** – this is a type of mood disorder where the victim tends to worry a lot for no apparent reason. This condition normally develops if a person cannot cope with internal stress. In some instances, it could be a side effect of certain substances or drugs. GAD is diagnosed if you are constantly worrying for at least six months.
- **Disruptive mood dysregulation disorder** – this is a common mood disorder in children below the age of 18. It is characterized by episodes of extremely violent and uncontrollable behavior.
- **Others** – other forms of mood disorders are caused by medical conditions, illnesses, medications, or drug use and abuse. For instance, persons with terminal diseases such as cancer can experience bouts of depression. Also, people with drug use disorders expose themselves to toxins which could bring about mood disorders.

Mood Disorder Treatment Center in Utah

Mood disorders are now recognized as real medical conditions. Pathways is a mood disorder treatment center in Utah that uses a customized and holistic approach towards helping people with mental health issues. We accept major health insurance providers as well most secondary insurance providers. Call us today for a free assessment.
