

Q. I think I might be depressed because I frequently cry. I've been told crying is good for your health if you are depressed. Is it okay to cry often?

A. Crying can be a symptom of being depressed. It is also a natural response anytime we are sad. Crying can provide a release for emotions and is helpful during times of grief. Crying occasionally is normal. But crying frequently is not only disruptive to your life; it's likely a sign that something is wrong.

Remember that crying is just the symptom. It can indicate that you are fatigued, experiencing chronic pain, frustrated, unable to cope with stress, experiencing out-of-balance hormone



levels (e.g., low thyroid or low estrogen), or feeling anxious or depressed. Get professional help if you are unable to resolve your problems on your own or with the help of your friends.

If the underlying problem is depression, it needs to be treated. Your doctor can prescribe medications to help. It is also wise to get counseling from a mental health professional to help you deal with any underlying issues in your life that are causing you to be depressed or emotionally upset.

Source: Brain Injury Association of New York State

