

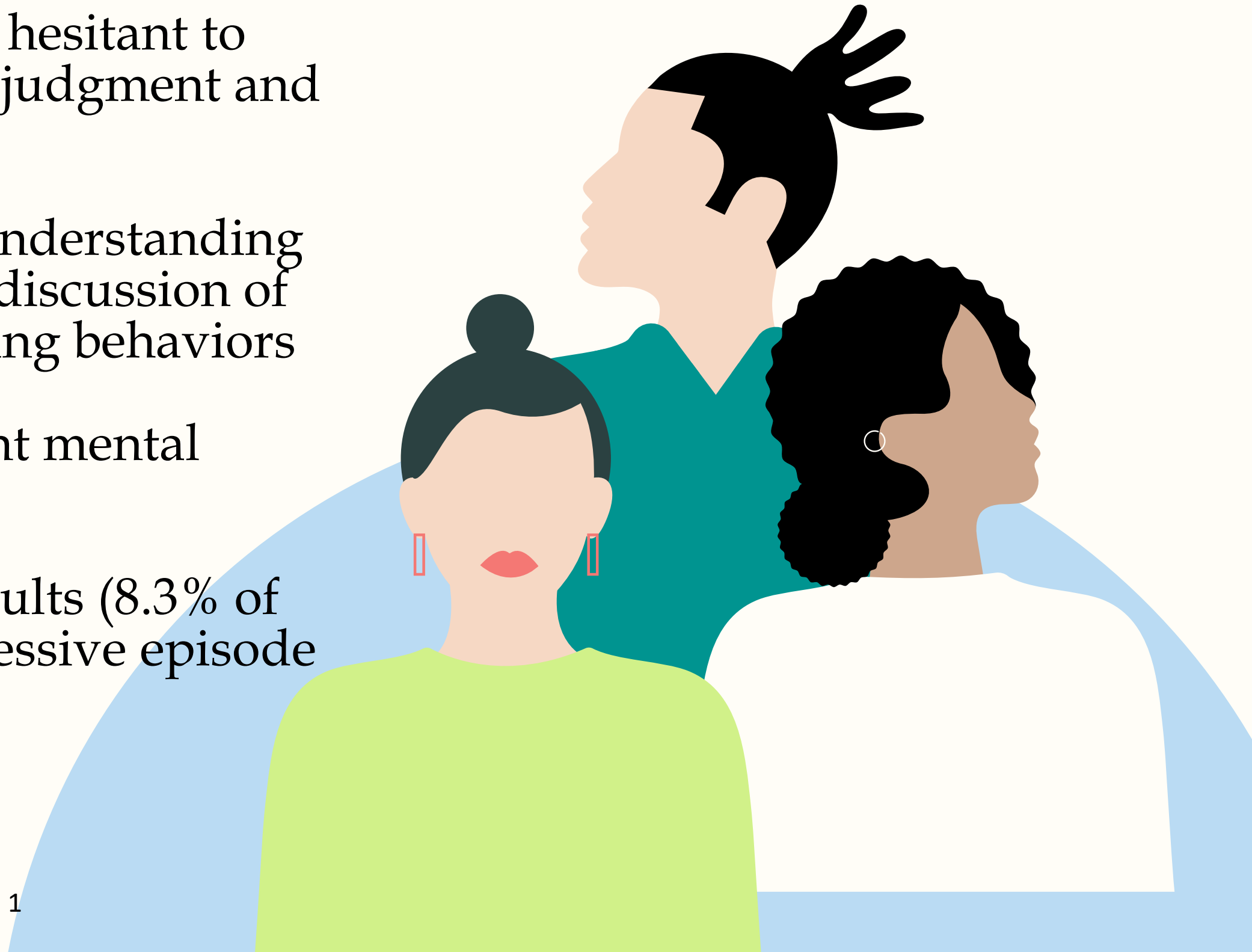


Mental Health Awareness Matters to Your Loved One with Depression



Mental Health Awareness & Depression

- People facing mental health issues are hesitant to disclose their struggles due to stigma, judgment and criticism
- Increasing awareness fosters greater understanding of mental health conditions and open discussion of struggles, thus encouraging help seeking behaviors
- Depression is one of the most prevalent mental health conditions
- In 2021, an estimated 21 million US adults (8.3% of all adults) had at least one major depressive episode



Symptoms of Depression

- Depression affects the body, mood, thoughts and impacts core areas like sleep, appetite, interests, concentration, and suicidal thoughts
- Core symptoms must last at least two weeks to be considered depression
- Anyone can experience depression, but those with histories of abuse, loss, or stress are at higher risk
- It impacts the entire body and mind, not just mood or emotions
- The duration and severity of symptoms distinguishes normal ups and downs from clinical depression
- Trauma, difficult life events, and social factors can increase one's likelihood of developing depression
- Depression is more common in women than men



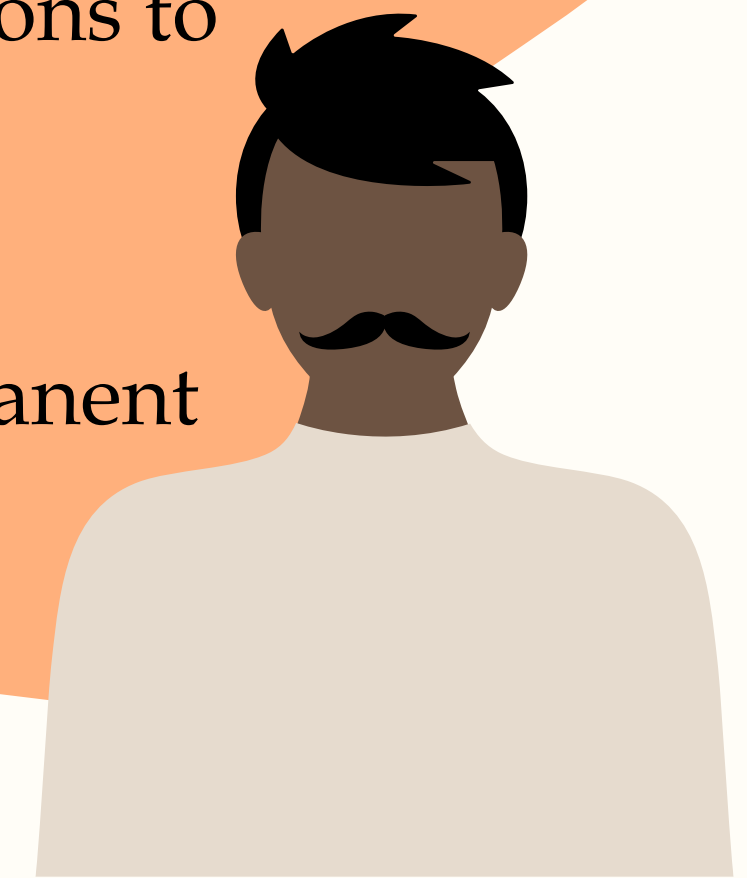
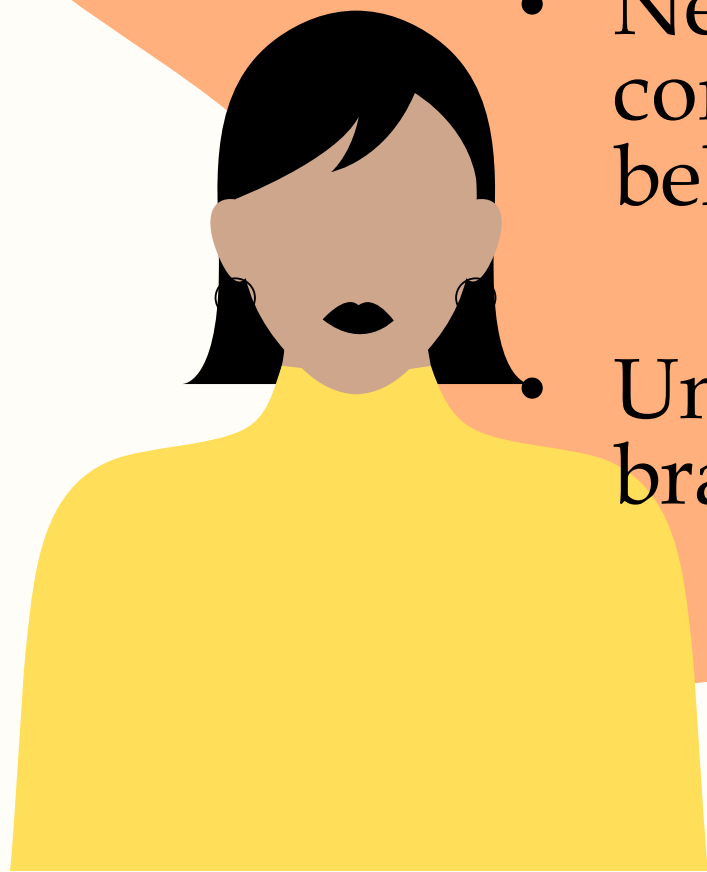
Types of Depression



- Major depression is a serious mood disorder characterized by a persistent feeling of sadness and lack of interest
- Persistent depressive disorder, also known as dysthymia, is a chronic form of depression where a person experiences a depressed mood for most of the day for at least two years
- Bipolar disorder is a mental health condition that causes extreme mood swings, including emotional highs (mania or hypomania) and lows (depression)
- Perinatal depression is a mood disorder that can affect women during pregnancy and up to one year after childbirth
- Seasonal affective depression is a type of depression related to changes in seasons, typically starting in the fall and continuing into the winter months
- Depression with symptoms of psychosis, also known as psychotic depression, is a severe form of depression in which a person experiences depressive symptoms along with delusions or hallucinations

Impacts of Depression

- Depression negatively impacts physical, mental, and neurological health
- It can increase blood pressure and heart rate, reducing motivation for a healthy lifestyle and increasing heart disease risk over time
- Neurologically, it causes structural changes and disruptions to communication in the brain over time in areas related to behavior and memory
- Untreated long-term depression can cause serious, permanent brain damage



Easily Misunderstood Behaviors of People Living with Depression

- People struggling with depression tend to isolate themselves from others, but they are not unsociable or uninterested in others
- Depression can cause people to become easily irritated or frustrated, and they are often misunderstood as being rude
- Depression can make it hard for people to focus or make decisions. This can be misunderstood as laziness or lack of motivation
- People with depression may sleep too much or too little. This can be misunderstood as lack of discipline
- Depression can sap people's motivation for basic self-care that is often misunderstood as having poor personal hygiene



How to Support Your Loved One with Depression?

- Learn about depression so you can understand what your loved one with depression is going through
- Listen to them without judgment and offer reassurance
- Help lighten the load through shared chores, errands, or meal prep
- Cultivate a safe space for your loved one to share his/her feelings freely and check in sensitively on a regular basis
- Avoid minimizing or dismissing his/her feelings
- Encourage your loved one to maintain social connections with others
- Encourage your loved one to seek professional help





Thank You!