

Empowering you to navigate depression and restore emotional wellbeing



What is Depression

Depression is a common and serious medical condition that negatively affects how you feel, the way you think, and how you act. It causes feelings of sadness and/or a loss of interest in activities. Depression can lead to a variety of emotional and physical problems and can decrease your ability to function.



Numbers and Facts on Depression



PREVALENCE

More than 264 million people of all ages suffer from depression globally.



LEADING CAUSE OF DISABILITY

Depression is a leading cause of disability worldwide and a major contributor to the overall global burden of disease.



GENDER DISPARITY

Women are more affected by depression than men.



SUICIDE RISK

Close to 800,000 people die due to suicide every year, and suicide is the second leading cause of death in 15-29-year-olds.



TREATMENT GAP

Despite effective treatments, more than 75% of people in low and middle income countries receive no treatment for their disorder.



ECONOMIC IMPACT

The economic consequences of depression are substantial, with a yearly estimated cost of US \$1 trillion in lost productivity.

Signs and Symptoms

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions





Causes of Depression

Several factors can play a role in depression:

- Differences in certain chemicals in the brain may contribute to symptoms.
- Depression can run in families.
- People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.
- Continuous exposure to violence, neglect, abuse, or poverty may make some people more vulnerable to depression.

Managing Depression

Depression is among the most treatable of mental disorders. Between 80% and 90% percent of people with depression eventually respond well to treatment.

Medication

Antidepressants might be prescribed to help modify one's brain chemistry.

Psychotherapy

Psychotherapy, or "talk therapy," is sometimes used alone for the treatment of mild depression; for moderate to severe depression, psychotherapy is often used in conjunction with antidepressant medications. Cognitive-behavioral therapy (CBT) has been found to be effective in treating depression. CBT is a form of therapy focused on problem-solving in the present.

Self-Help and Coping

Regular exercise helps create a positive feeling and improve mood. Getting enough quality sleep on a regular basis, eating a healthy diet, and avoiding alcohol (a depressant) can also help reduce symptoms of depression.



Support Systems

Having a strong support system is crucial for managing depression. This can include family, friends, support groups, or mental health professionals. It's important to reach out to those around you and communicate your needs and feelings.

Employee Assistance Programs (EAPs)

Can play a vital role in treating depression. EAPs provide confidential support and resources to employees struggling with various personal and professional issues, including mental health challenges like depression. These programs offer access to professional counseling services, which can be a crucial first step in seeking help. EAP counselors are trained to assess an individual's needs and provide appropriate referrals to mental health professionals, such as therapists or psychiatrists, for further treatment. Overall, EAPs serve as a valuable bridge between employees and the mental health resources they need, promoting early intervention and support for those dealing with depression.

Conclusion

Depression is a serious but treatable condition that affects millions of people worldwide. By understanding its signs, causes, and treatment options, we can better support those who are struggling with depression and work towards a healthier, more hopeful future. If you or someone you know is experiencing depression, don't hesitate to seek help and support.

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