


**Depression**



AnthemEAP

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**Definition**

Depression is:  
*"Mental state of chronic mental disorders characterized by feelings of sadness, loneliness, despair, low self-esteem...withdrawal from social contacts..."*

Medlexicon – Medical Dictionary

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**Objectives**

- Causes of depression
- Symptoms of depression
- Impact of depression
- Ways to give help
- How to get help

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### Causes of Depression

- Major trauma – death of loved one, postpartum, hormonal, prolonged illness and/or pain. SAD, PMSDD
- Stressors – moving, loss/change of job
- Some types run in families
- Some medicines or drug interactions may lead to depression
- Vascular illness

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Depression is more than sadness or grief.  
Depression has recognizable mental and physical symptoms.

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### Mental Symptoms

- Long lasting sadness
- Self-hate, worthlessness
- Helplessness
- Inability to moderate mood or bounce back
- Irritability



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## Mental Symptoms

- Inability to put things in perspective
- Inability to find or experience joy
- Thoughts of suicide
- Feeling in a hole - out of touch
- Poor concentration and memory

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## Physical Symptoms

- Aches
- Fatigue - excessive sleepiness
- Insomnia - can't sleep
- Restlessness - have to move
- Loss of appetite - food doesn't taste good



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## Physical Symptoms

- Loss of interest in activities - work, social and sex
- Spontaneous and/or excessive crying
- Weight gain or loss - more than 5% in a month
- Self-medicating - alcohol, illegal drugs
- Self-abusive behaviors – cutting, poor hygiene

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## Diagnosis

A doctor will diagnose depression using a screening questionnaire which will allow the doctor to determine whether to order other tests such as a thyroid panel, screen for drug interactions or to make other referrals to other doctors.

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## Effects of Depression

- Inability to do job well
- Deteriorating family & friend relationships
- Losing things
- Money problems
- Anxiety
- Depression is costly to individuals, families and business

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## Kinds of Depression

- Major depressive disorder
- Dysthymic disorder
- Psychotic
- SAD
- Bipolar disorder

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## Commonly Co-existing Illnesses

- Generalized anxiety disorder
- Obsessive-compulsive disorder
- Post Traumatic Stress Disorder
- Heart disease, stroke, cancer, HIV/AIDS, diabetes, and Parkinson's disease

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## Treatment

- Behavior therapy
- Talk therapy
- Medicine
- Electro shock therapy – ECT

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## Helping a Friend or Loved One



- Offer support
- Listen and talk
- Encourage social activity and exercise
- Help with doctor's appointments - attend,
- Be non-judgmental
- Remind them treatment takes time
- Never ignore talk of suicide

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**Talking to a Person You Believe Needs Help**



- I have been feeling concerned about you lately
- Recently I noticed some differences in you and wondered how you are doing lately.
- I wanted to check in with you because you haven't seemed yourself lately.

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**Talking to a Person you Believe Needs Help - Do's and Don'ts for Managers**

- Effective managers of people
- Need policies to support structure
- Review procedures
- Fundamental performance expectations

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**Talking to a Person you Believe Needs Help - Tips for Managers**

Consider the following questions:

- Does this behavior interfere with work?
- Do other employees complain about it?
- Would the standard for this one employee apply to all the others?
- Is this a one-time event or part of a pattern?
- Do any company policies support the view that the behavior needs to change?

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### Talking to a Person You Believe Needs Help - Examples

- **Record.** Record Observable Patterns
- **Private.** Speak with Individual in a private, closed door discussion
- **Discuss.** Discuss the problem
- **Indicate.** Indicate how the behavior affects everyone else

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### Helping Yourself

- See your doctor if symptoms persist or recognized by friends or family
- Go to more than one doctor if necessary
- Seek out people who make you feel good
- Postpone important decisions - buying home, marriage, new job
- Exercise
- Meditate
- Learn about depression



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### Finding Help

- Many sources of help
- Family Doctor
- Psychiatrists
- Psychologists
- LCSW
- Bereavement Counselors
- Peer support groups

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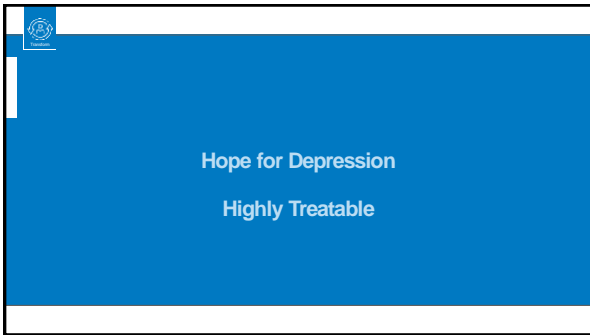
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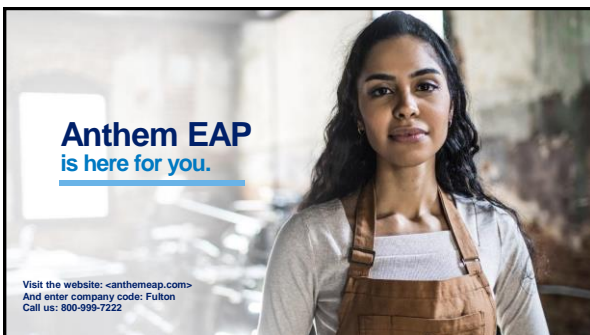
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**THANK YOU FOR PARTICIPATING!**

**Depression**

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