

# **Women and Depression**

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#### CCA@YourService: How We Support Employees & Family Members

CHILD CARE	ADULT AND ELDER CARE	DAILY LIVING	LEGAL AND FINANCIAL	EMOTIONAL WELL-BEING
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Parenting/Child	Housing Options	Pet Care	Wills and Estate	
Development	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		Planning	Life Transitions
	Caregiver Support	Health/Fitness		
Pre/post-Natal			Divorce and Custody	Relationship and
Health	Medicare and	Moving and	The state of the s	Family Concerns
	Medicaid	Relocation	Bankruptcy	,
Adoption				Grief and Trauma
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		Travel/Leisure	Management	Recovery
Work/Family	Adults with			
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- Confidential
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#### **Examples of Mental Illness**

- Major Depression
- Anxiety Disorder
- Bipolar Disorder
- Dementia
- Obsessive Compulsive Disorder
- Schizophrenia
- Attention Deficit/Hyperactivity Disorder
- Post Traumatic Stress Disorder



## Objectives

- Definition of Depression
- Causes of depression
- Factors contributing to depression in women
- Symptoms of depression
- Impact of depression
- Ways to give help
- How to get help



#### Definition

"Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act... Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home."

- American Psychiatric Association



#### Causes of Depression

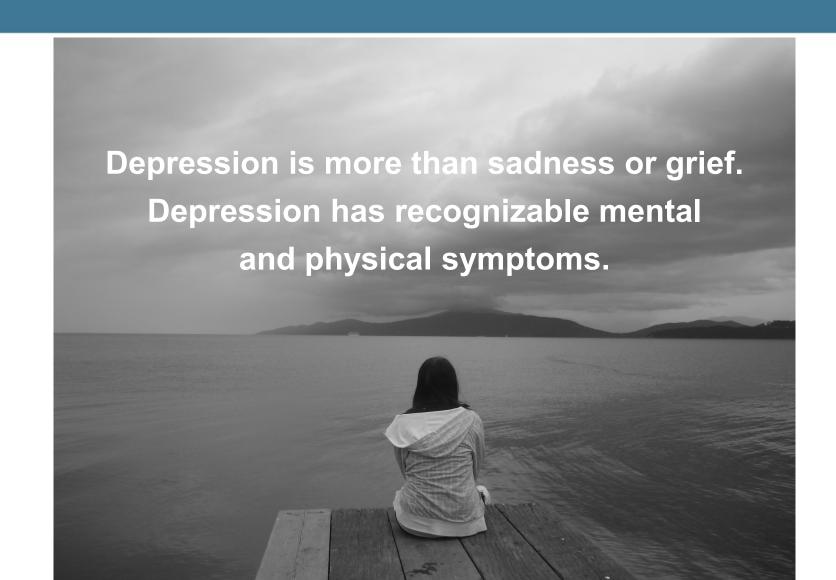
- Major trauma: death of loved one, postpartum, hormonal, prolonged illness and/or pain
- Life stressors: moving, job change or loss, relationship issues, financial struggles
- Some medicines or drug interactions may cause depression
- Vascular illness can contribute to depression



## Factors Contributing to Depression in Women

- Genetics
- Chemical imbalances and hormonal changes
- Co-existing illness







# Mental Symptoms

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



# Mental Symptoms of Depression (Continued)

- 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





# Physical Symptoms of Depression

- Aches
- Fatigue: Excessive sleepiness
- Insomnia: Trouble sleeping
- Restlessness: Can't sit still
- Loss of appetite: Don't enjoy food



# Physical Symptoms of Depression (Continued)

- 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



#### Diagnosis

A doctor or another qualified health professional 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 make additional referrals to other doctors/health professionals.



#### Effects of Depression

- Inability to do job well
- Deteriorating family and friend relationships
- Losing things or being forgetful
- Financial struggles
- Anxiety
- Depression is costly to individuals, families and business



# Types of Depression

- Major Depressive Disorder
- Persistent Depressive Disorder
- Psychotic Depression
- Seasonal Affective Disorder (SAD)
- Bipolar Disorder



#### Treatment

- Good self-care
- Behavior therapy
- Counseling
- Medication: prescribed by a doctor
- Alternative therapies: acupuncture, hypnosis, biofeedback
- Brain stimulation therapy



### Helping a Friend or Loved One

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





#### 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."





# Helping Yourself

- See you doctor if symptoms persist or are 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



### Where to Go For Help?

- Talk to your doctor
- Mental health professionals: social workers, psychiatrists, psychologists, mental health counselors
- Employee Assistance Program
- Contact your health insurance company for referrals
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- Family services or other social service agencies
- Private clinics



# There is hope for depression. It is treatable.





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