



Women and Depression

Date: March 12, 2024

Facilitator: Theresa Francois



CCA@YourService: How We Support Employees & Family Members

CHILD CARE	ADULT AND ELDER CARE	DAILY LIVING	LEGAL AND FINANCIAL	EMOTIONAL WELL-BEING
Locating Child Care	Aging	Home Improvement	Identity Theft	Stress, Anxiety, Depression
Parenting/Child Development	Housing Options	Pet Care	Wills and Estate Planning	Life Transitions
Pre/post-Natal Health	Caregiver Support	Health/Fitness	Divorce and Custody	Relationship and Family Concerns
Adoption	Medicare and Medicaid	Moving and Relocation	Bankruptcy	Grief and Trauma
Education	Community Resources	Event Planning	Budgeting and Debt/Credit Management	Addiction and Recovery
Work/Family Balance	Adults with Disabilities	Travel/Leisure	Saving for the Future	Workplace Issues

Features of CCA@YourService

- Confidential
- No Cost
- Employees & Family Members
- 24/7
- 800-833-8707
- www.myccaonline.com
- Company Code: **CUNY**



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

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



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 your 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.



Webinar Evaluation Survey

Scan the QR code to fill out the evaluation survey!



THANK YOU!



TOLL-FREE:
800-833-8707

WEBSITE:
www.myccaonline.com

Thank you!

CCA 
@YourService

