

Depression

Out of the Darkness and Into the Light

Each year more than 10% of American adults experience an episode of major depression and more than 20 % will experience at least one episode in their lifetime.

Impact of Depression

- Can damage relationships and careers
- Can aggravate /complicate other medical illnesses
- Major risk factor for suicide and substance abuse

Symptoms

- Loss of interest or pleasure in activities previously enjoyed
- Depressed mood with overwhelming feelings of sadness, worthlessness, or hopelessness
- Significant change in appetite and sleeping habits
- Frequent thoughts about death or suicide

Types of Depressive Disorders

- Major Depressive Episode
- Bipolar 1 and Bipolar 2 Disorders
- Persistent Depressive Disorder

Impact of COVID-19 on Depression

- CDC survey conducted in October 2020 found that 26% of American adults reported symptoms of major depression
- CDC survey conducted in October 2020 found that 32% of American adults reported symptoms of generalized anxiety disorder
- Crisis lines are experiencing an overwhelming increase in calls

Data adapted from "Depression: Out of the Darkness and Into the Light", a webinar originally held on 11/16/2020. Presented by Dr. W. Dan Hale, Special Advisor, Office of the President at Johns Hopkins Bayview Medical Center. Supported by the William S. Perper Foundation.

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Treatment

Medical

- Antidepressant medications are typically used for treatment but they may take several weeks to take effect

Psychological

- Psychiatrists, Psychologists, Clinical Social Workers, Mental Health Counselors and Psychiatric Nurse Practitioners can help to treat depression. Common forms of treatment include Cognitive Behavioral Therapy and Interpersonal Therapy
- If uncertain about how to start with treatment, contact your Primary Care Provider

How To Help a Loved One

- Listen
- Take time for them
- Take initiative to check-in
- Provide reassurance of love for them
- Become aware of available resources

Resources: Helplines & Websites

National Suicide Prevention Lifeline *1-800-273-8255*

Crisis Text Line *741741*

Resources: Books

- **Willow Weep for Me** by Meri Nana-Ama Danquah
- **Darkness Visible** by William Styron
- **Depression – Out of the Darkness and Into the Light** by Dr. Dan Hale

- **NAMI Maryland:** www.namimd.org
- **American Psychological Association:** www.apa.org
- **Mental Health America:** www.mhanational.org
- **Depression and Bipolar Support Alliance:** www.dbsalliance.org
- **National Institute of Mental Health:** www.nimh.nih.gov