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.

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

### 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.
Antidepressant medications are typically used for treatment but they may take several weeks to take effect. 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
- **Medical**
- **Psychological**

### 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.

### 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

### Resources: Helplines & Websites
- **National Suicide Prevention Lifeline**: 1-800-273-8255
- **Crisis Text Line**: 741741
- **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

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**Out of the Darkness and Into the Light**

**NAMI Maryland**

NAMI Maryland can help. Visit www.namimd.org or call 410-884-8691 for more information.