Depression
Definition

Depression is:

“A mental state of chronic mental disorders characterized by feelings of sadness, loneliness, despair, low self-esteem...withdrawal from social contacts...”

Medlexicon – Medical Dictionary
Objectives

• Causes of depression
• Symptoms of depression
• Impact of depression
• Ways to give help
• How to get help
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
What Depression is Not

- 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 (cont.)

• 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

- Aches
- Fatigue - excessive sleepiness
- Insomnia - can't sleep
- Restlessness - have to move
- Loss of appetite - food doesn't taste good
Physical Symptoms (cont.)

• 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 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.
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
Kinds of Depression

- MDD - Major depressive disorder
- Dysthymic disorder
- Psychotic
- SAD – Seasonal Affective Disorder
- Bipolar disorder
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
Treatment

- Behavior therapy
- Talk therapy
- Medicine
- Electro shock therapy – ECT
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
Talking to a Person You Believe Needs Help

Things to say to express concerns

• 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
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
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?
Talking to a Person You Believe Needs Help - Examples

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

• See you doctor if symptoms persist or recognized be 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
Finding Help

• Many sources of help
• Family doctor
• Psychiatrists
• Psychologists
• LCSW
• Bereavement counselors
• Peer support groups
Resources

Depression is highly treatable

• National Institute of Mental Health - www.nimh.nih.gov
• National Alliance for the Mentally Ill - www.nami.org
• National Mental Health Association - www.nmha.org
• National Foundation for Depressive Illness, Inc. - www.depression.org
• National Depressive and Manic Depressive Association - www.ndmda.org
Let WorkLife4You
Make Your Life a Little Easier!

Contact WorkLife4You 24/7:

1-877-WL4-NOAA - (1-877-954-6622)
(TTY: 1-800-873-1322)

http://www.worklife4you.com
Look for the Member Login box
Not a registered member yet? Follow the “Start Now”
link and enter Registration Code: noaa