



Depression

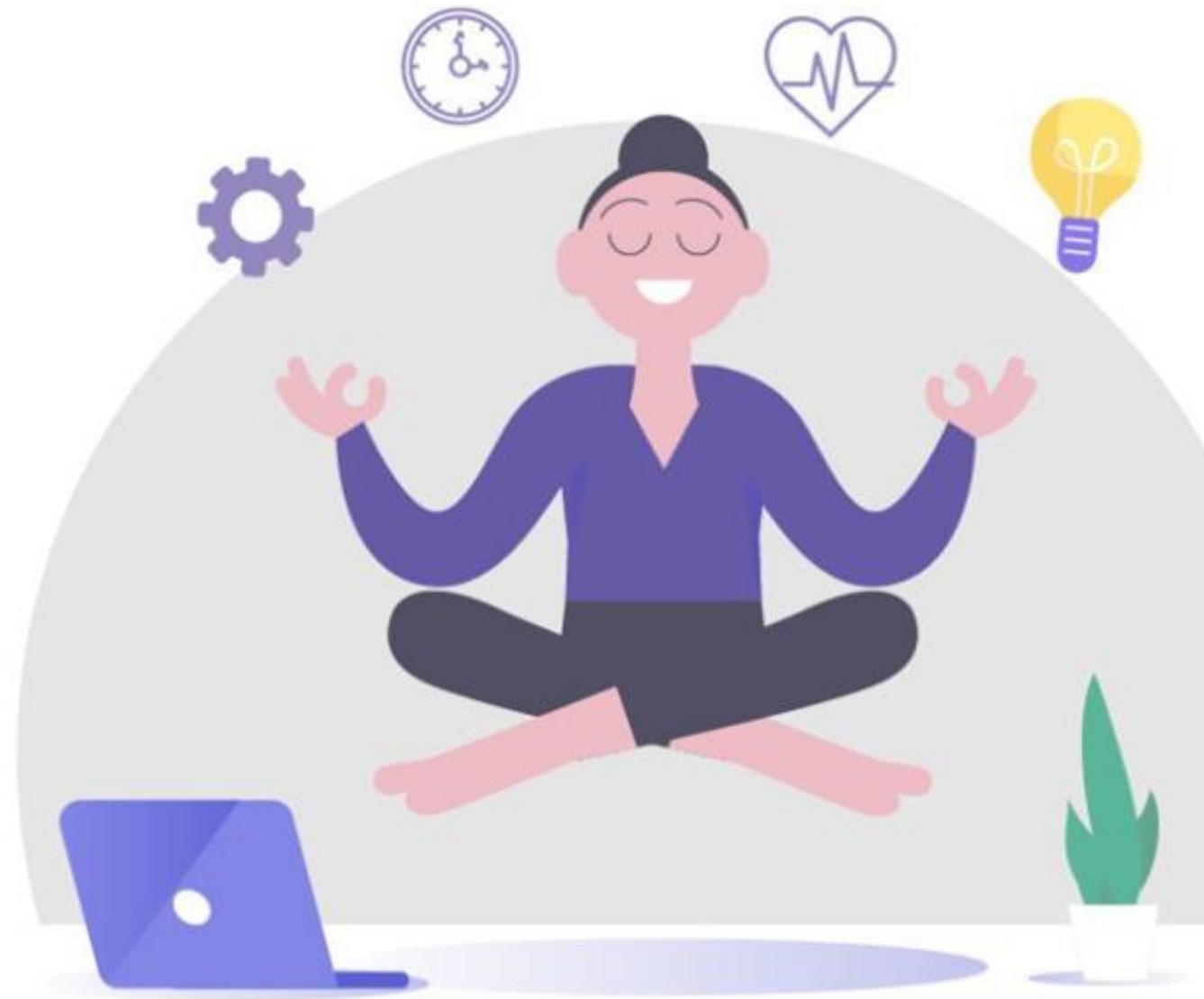
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The Significance of Mental Health

Mental health is a **crucial** aspect of overall well-being

Neglecting one's mental health can have significant consequences on:

- Productivity and Performance
- Emotional Resilience.
- Interpersonal Relationships.
- Physical Health Impact
- Economic Impact:





What is Depression?

- Depression is a mental health disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in daily activities.
- To be diagnosed with depression, symptoms typically need to persist for at least two weeks, affecting daily functioning.
- Depression is the most common affective or mood disorder of old age (Eliopoulos, 2018).

Signs and Symptoms of Depression

- Feeling sad
- Loss of interest or pleasure in activities that were once enjoyable
- Change in appetite – increase or decrease
- Trouble sleeping or sleeping too much
- Fatigue
- Hopelessness
- Mood Swings
- Difficulty concentrating
- Excessive crying
- Social isolation
- Thoughts of suicide



Suicidal Ideation

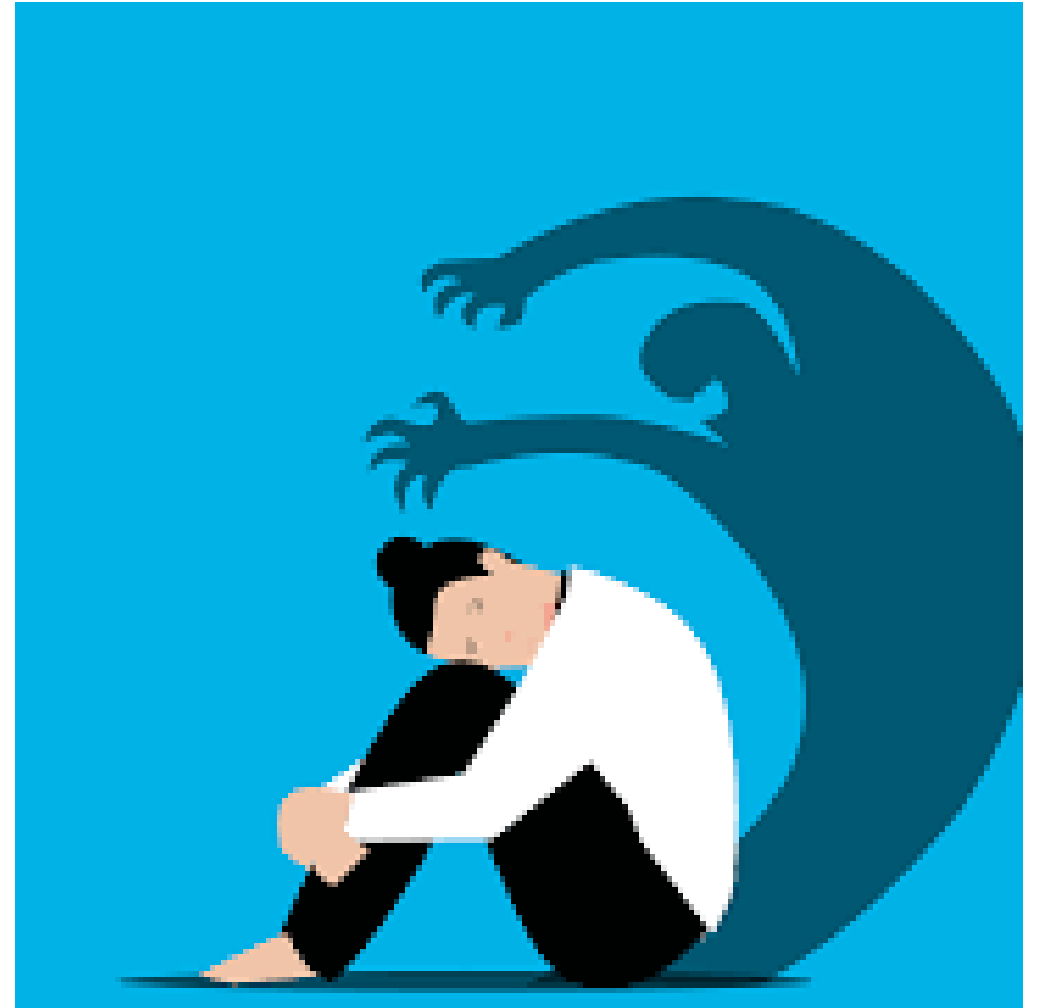
What is suicidal ideation? Thinking about or focusing on suicide

Severity: Can range from fleeting thoughts to detailed plans about how an individual will commit suicide

What to do: **REACH OUT FOR HELP!**

Resources:

- **CALL 988** - Suicide and Crisis Lifeline – open 24/7
- Psychiatrist - diagnosis, treatment, medication if necessary
- Psychologist – emotional support, talk therapy, advice



Risk Factors and Contributing Factors of Depression

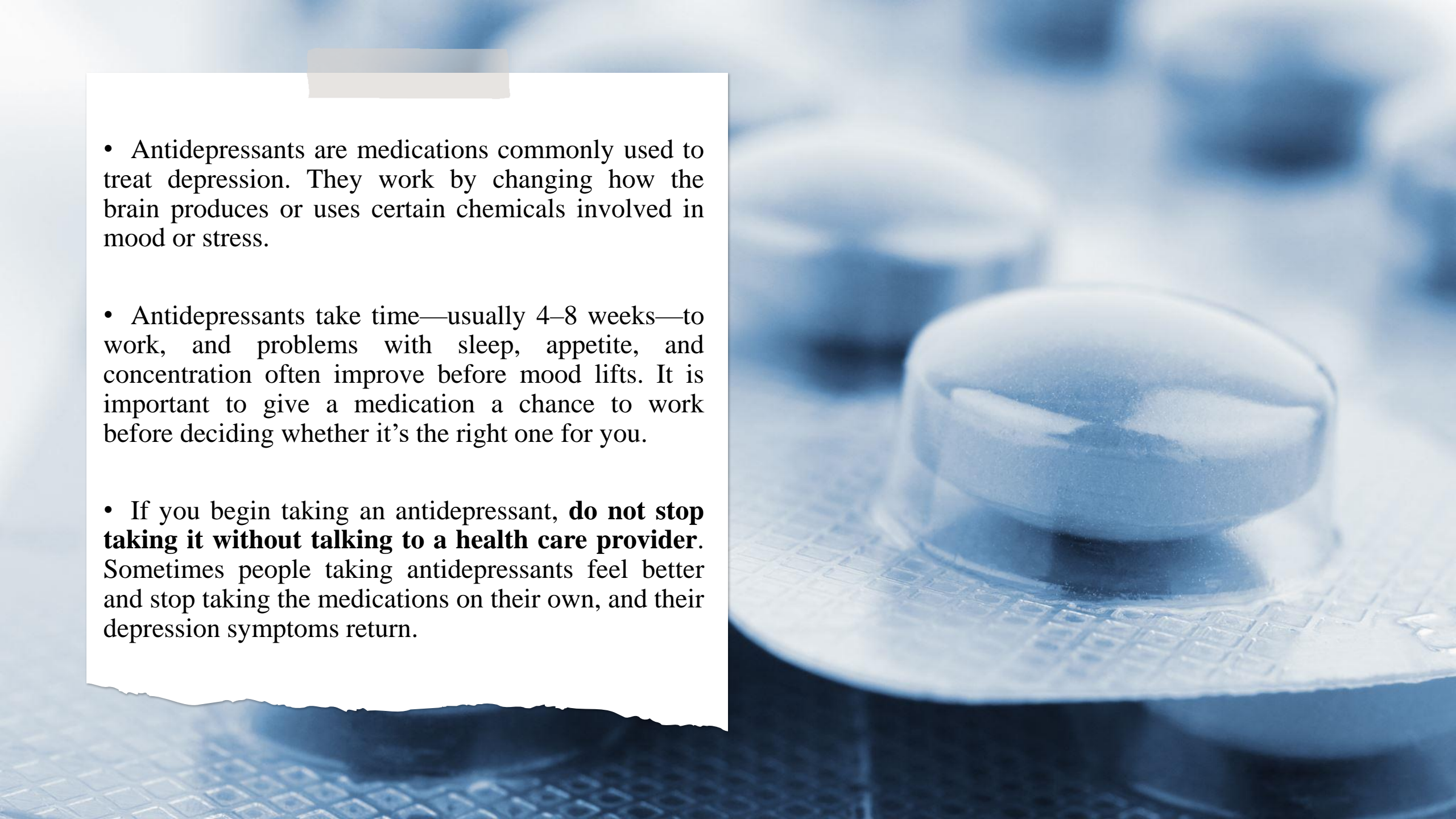
- Personal or family history of depression or other mental health issues
- Major negative life events/challenges: transitions, trauma, stress
 - Unemployment, divorce, death, abuse
- Negative childhood experiences
- Physical health problems
- Medication
- Use of recreational drugs and or alcohol





Treatment Options

Even the most severe cases of depression can be treated. The earlier treatment begins, the more effective it is. Depression is usually treated with medication, psychotherapy, or a combination of the two.

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- Antidepressants are medications commonly used to treat depression. They work by changing how the brain produces or uses certain chemicals involved in mood or stress.
 - Antidepressants take time—usually 4–8 weeks—to work, and problems with sleep, appetite, and concentration often improve before mood lifts. It is important to give a medication a chance to work before deciding whether it's the right one for you.
 - If you begin taking an antidepressant, **do not stop taking it without talking to a health care provider.** Sometimes people taking antidepressants feel better and stop taking the medications on their own, and their depression symptoms return.

Psychotherapy

- Several types of psychotherapy (also called talk therapy or counseling) can help people with depression by teaching them new ways of thinking and behaving and how to change habits that contribute to depression.
- Telehealth for mental services offers an alternative to in-person therapy, has made it easier and more convenient for people to access care in some cases. For people who may have been hesitant to look for mental health care in the past, telemental health services might be an easier first step than traditional mental health services.





Local Resources

- **The Comprehensive Psychiatric Emergency Program (CPEP) :**
 - Crisis Hotline: 212-939-3343
- **Harlem Strong:**
 - 55 West 125th Street, New York NY 10027
- **H.O.P.E Center Harlem:**
 - 228C West 116th street New York, NY 10026
- **Mount Sinai Medical Center Child**, Adolescent and Adult Mental Health Services Therapeutic Nursery Psychiatric Emergency Room Outpatient Clinic
 - Adult Outpatient Clinic: 212-659-8752
- **James Weldon Johnson Counseling Center Child, Adolescent and Adult Mental Health Services**
 - 2089 Third Avenue

References

- National institute of Mental Health. (2023). *Depression*. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/depression>
- What is depression?. Psychiatry.org - What Is Depression? (n.d.). <https://www.psychiatry.org/patients-families/depression/what-is-depression>