

IT'S OK TO ASK FOR HELP

NO SPACE FOR SHAME HERE



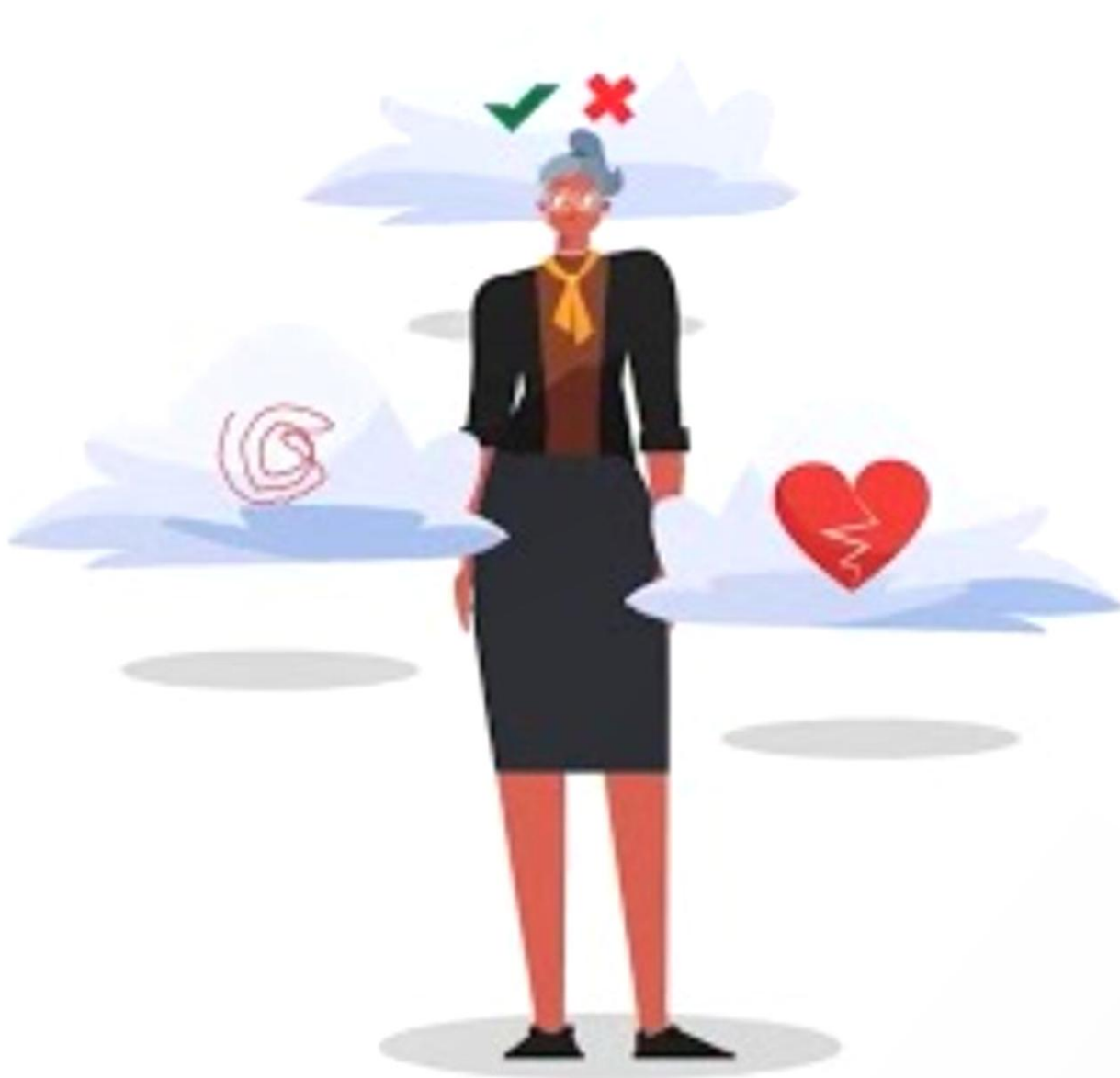
CALL OR TEXT 988 TODAY IF YOU OR SOMEONE
CLOSE NEEDS A LISTENING EAR. DON'T LET
PRIDE STAND IN THE WAY OF REACHING OUT
TODAY.

SOMEONE MAY NOT UNDERSTAND THE NUANCES OF DEPRESSION OR REALIZE THEY HAVE IT

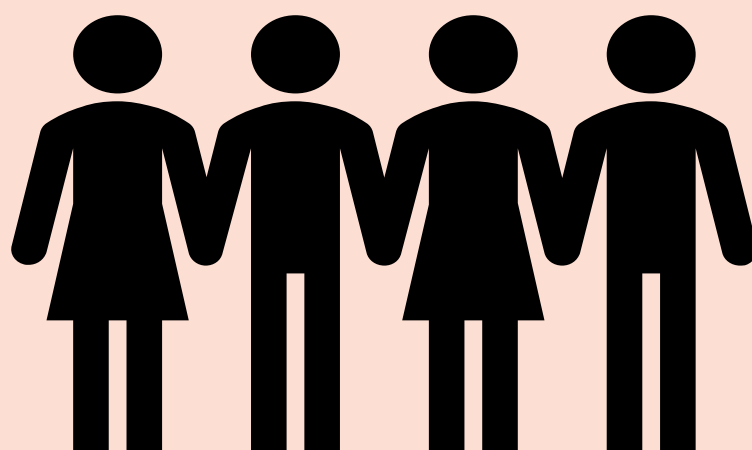


Depression is one of the major health disparities around the globe today. Many tend to suppress feelings of self-harm, or thoughts of hurting others. Hiding these thoughts may relieve tension for a moment, but then it may resurface. It's similar to putting a band aid on an arterial bleed.

This presentation will discuss signs and symptoms of depression; patient stories and things you can do to improve your (or a loved one's) mood and cognition.



<https://www.psychiatry.org/>



SOMEONE MAY BE FUNCTIONING ON OVERDRIVE AND HAVE TROUBLE PROCESSING THEIR THOUGHTS AND EMOTIONS

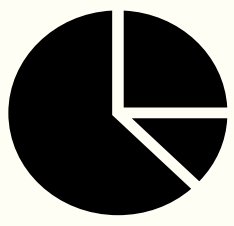


Since time began, we have always relied on *ourselves* as humans to know good from evil. The reality is - we can't and weren't designed to be isolated and self - sufficient. From the eyes of a patient, you may not want to disclose your personal thoughts, voices, and actions. You may be afraid of being deemed a “weak” person. Believe me, you are stronger than you think, once you take the first step of admission, and meet with a professional despite your fears. Not everyone is comfortable being vulnerable. I totally understand and can empathize. If you only reach out, it can be so beneficial, don't try to repair it on your own, please.

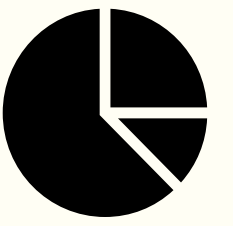
SADNESS VERSUS DEPRESSION

WHAT'S THE DIFFERENCE?

Depression	Sadness
• PLANS IN PLACE OF SUICIDE • JOY DEPLETED FOCUSED ON TRAGEDY • WEIGHT GAIN OR LOSS • LACK OF FOCUS AND REPEATED INSOMNIA OR SLEEP IN EXCESS	• A PASSING EMOTION OVER TIME BRIEF THOUGHTS OF WANTING TO DIE, WITHOUT A PLAN IN PLACE



FACTS 'N STATS



ABOUT 30% OF OUR POPULATION HAS HAD A HISTORY OF DEPRESSION AND ABOUT 19% HAVE BEEN DIAGNOSED AS OF 2023

More common
in Women



Personality
traits that may
contribute:

- Pessimistic,
low self-value,
- Easily stressed

Can be
inherited

People may treat you with:

Silence Taunting
behaviors Ignorance
Group
exclusion Meanness Alienation

Decline in
neurotransmitters, or
brain hormones
serotonin and
dopamine

Repeated physical,
sexual, verbal and
emotional abuse

Depression is
90% curable!

GABBI'S JOURNEY TO WELLNESS

"Building up the courage to tell people how I was feeling was hard. It's that feeling of not wanting to admit that you're not ok, in a world where we're told to 'suck it up, everything will be ok.' The reality for me was that it wasn't."-Gabbi

Gabbi is an amazing young woman, who, in her thirties, described having thoughts of self-harm.

She had it all career wise, yet felt isolated, even in the presence of close family and friends. She desired a long - term relationship with someone she could trust. Building a family, owning a home was something she thought she'd have at this time in her life.

Unfortunately, this caused her great unrest. After seeking help, Gabbi now understands the importance of talk-therapy. Sometimes, stepping out for help gives you the strength to keep going and trying every day, against your mind at odds.

CAROL'S COURAGE

“There were times when I felt like I didn’t want to go on, and that I had nothing to live for. I haven’t shared that with anyone because it sounds so dramatic and drastic, but that is how I felt. I didn’t acknowledge how low I was, and I know I put on a bit of a front. And I didn’t go to the doctor because I didn’t want to take medication. I realise now there’s no shame in it. It’s important to be open and not worry about what people think. But that is a difficult thing to do when you’re feeling low”-Carol

Carol lost her husband shortly before Covid hit. She was super lonely and felt isolated - like there was nothing to live for.

Once, she talked to others in various support groups, she felt a release, like a weight lifted off her shoulders.

There are many people today grieving over losing a loved one, a job, a home, you name it.

Like Carol, you may be feeling the same sadness that just won't leave, or have self-depreciating thoughts. Please don't continue wading in this thought cycle alone - there's help all around you, just ask. Carol, Gabbi and many others have felt the same way and until they accepted there was a problem and therein, lied the answer.

Both ladies mention wishing they knew then what they now know to be true. Just know this: it's *never* too late.

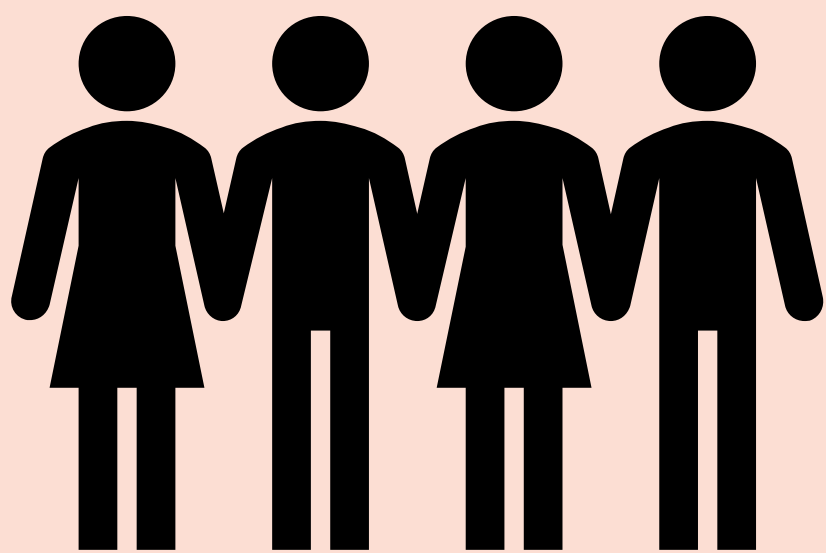
HEALTH—FULL RESOURCES CALL 988 NOW

CALLS ARE ALL CONFIDENTIAL

Create a favorite contact list on your phone
starting with the closest person you know

Tell another adult, your parent, guardian of any
suicidal thoughts, plans or ideations

Communicate feelings to your primary care
provider, request a therapy referral





DEPRESSION INTERVENTIONS



IN YOUR POCKET



Gabbi and Carol said it was helpful simply talking with someone about the lingering sadness they felt. They both wished they had done this earlier.

We never second guess seeking healthcare for orthopedic injuries, cancer, high blood pressure, etc.

Never forget-your body's mainframe – your mind.

**Find local or virtual support groups, grief counseling, spiritual counselling.
Change your scenery: take a walk with your fur baby, go to the park or have a beach day. Nature does wonders for your mind, promoting peace and calm, especially while taking a dip in the hot tub.**

**Enlighten your senses by lighting a candle, or an oil diffuser with lavender.
Join a friend or more for coffee or a matcha.**

Deep breathing, journaling, listening to music, watching a comedy, or even helping someone else in need; can help redirect your thoughts.

Take your medications as prescribed like Zoloft or Paxil, Cymbalta etc. These meds, therapy, and learning coping strategies in combination can be very helpful in treating depression.

Please understand, these treatments take time, depression won't magically be fixed in a day and all your problems go away; but most importantly, it's a safe detour towards healing.

Take pause and reward yourself for unashamedly reaching out for a lifeline, realizing you can't make it all on your own. This action in and of itself makes you a strong person with an *unshaken* character.

THANK YOU FOR VIEWING!

REFERENCES

<https://www.psychiatry.org/patients-families/depression/what-is-depression>

<https://www.psychiatry.org/>

<https://www.mentalhealth.org.uk/explore-mental-health/stories/gabis-story-struggle-speaking-about-my-depression-and-loneliness>

<https://www.mentalhealth.org.uk/explore-mental-health/stories/carols-story-there-should-be-no-shame-how-we-feel>

PowerPoint Creator: Hannah Darnell, RN/Freetolancet, LLC