

Depression and Anxiety Awareness

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Some hard Facts about Depression

- Nearly 7% of American adults had a major depressive episode in 2014.
- That equals 15.7 million people which is enough people to fill every major league baseball and football stadium in the U.S 4 ½ **times!!!**



What is Depression

- **Major depressive disorder involves a consistently depressed mood** or loss of interest or pleasure in normal activities for a period of at least two weeks.
- Variations of major depression, such as seasonal affective disorder and postpartum depression, may have specific causes and may involve slightly different treatments, such as light therapy for SAD.
- All depressive disorders belong to the category of mental health conditions known as mood disorders

Types of Mood Disorders

- Major Depressive Disorder
- Dysthymia
- Seasonal Affective Disorder (SAD)
- Postpartum Depression
- Bipolar Disorder
- Situational Depression –Not a formal diagnosis

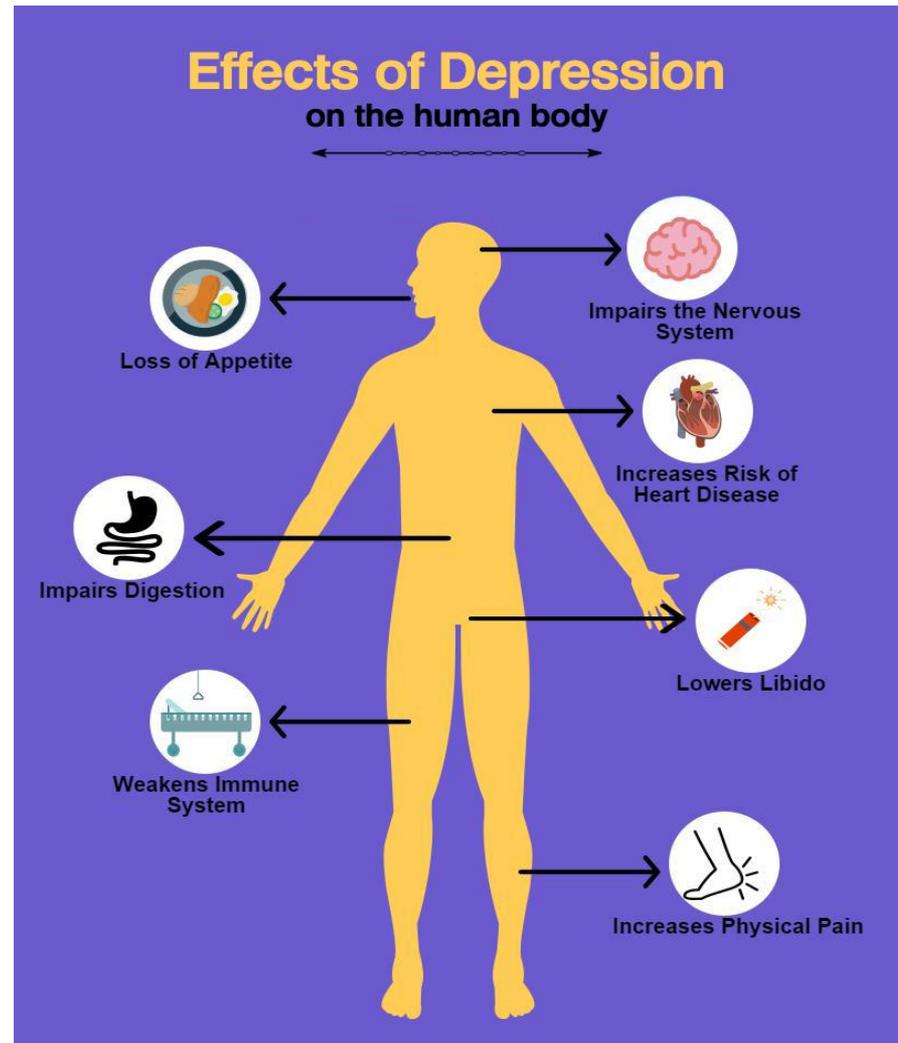


What depression is NOT

- Being sad about a bad situation
- Grieving the loss of a loved one
- All in a persons head
- Overreacting or being overly emotional
- Something that everyone experiences
- Something that someone can just “get over.”
- A choice
- A sign of weakness
- A character flaw

Depressions Effects on The Body

- Headaches
- Appetite changes
- Weight loss and weight gain
- Body aches
- Weakened immune system
- Sleeping issues



Depressions Effects On Your Thoughts

- Feelings of inadequacy
- Extremely sad
- Lonely & empty
- Pessimistic attitude
- Feeling guilty
- Preoccupied with death or suicide
- Unable to focus
- Unmotivated

Depressions Effects on Behaviors

- Withdrawn from social activities
- Decreased interest in intimacy
- Slowed speech
- Difficulty finishing task
- Difficulty completing daily responsibilities

What people say Depression Feels like

- Being so scared you're paralyzed
- You are a burden to everyone
- Your head is surrounded by a thick, black, unrelenting fog
- Exhausting, like you're living in a cage Fighting an exhausting battle against yourself
- Hopeless. Like there is no person or thing that can help you forget about everything that makes you sad all of the time You need to hug someone. But at the same time, you don't want any human to hug you
- You have a lump in your throat, as if you're about to cry at any moment, all day



What People Say Depression Feels like

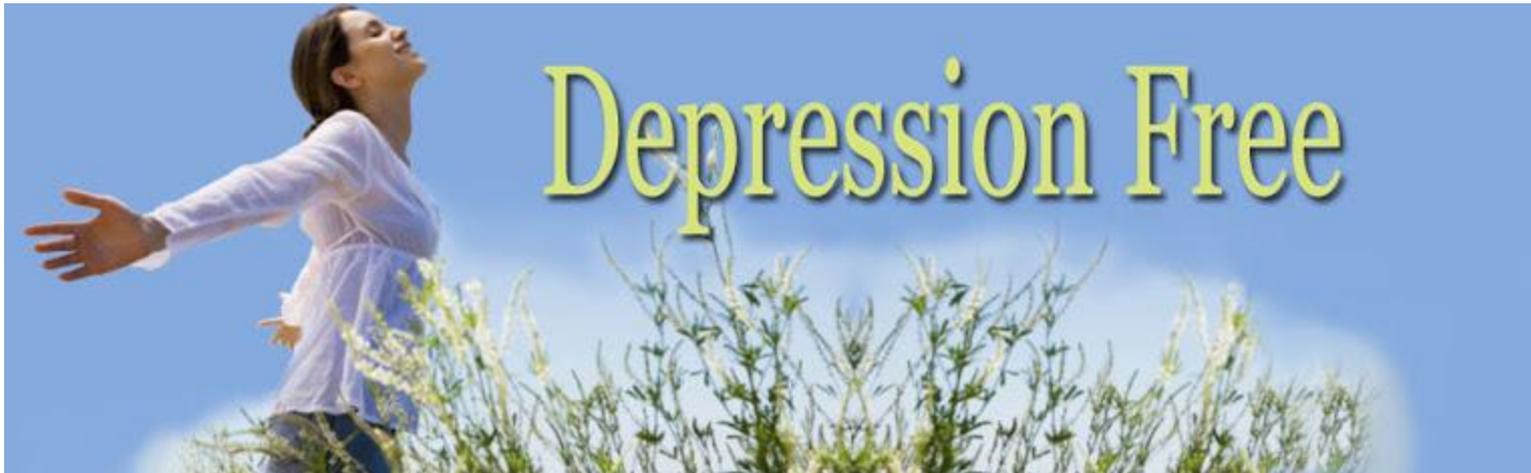
- Being misunderstood and ashamed
- Really terribly lonely all of the time
- Drowning and no one sees it and you feel helpless against the water around you
- You'll never be happy again, even when you know that's not true
- Soul sucking torture
- Heavy and tired, like you're moving through quicksand
- All you want is to go home and just curl up and fall asleep forever
- You want your life to get better, but everything is so hard to do and you have no motivation
- Difficult to tell if you can trust your own perception of reality
- A dark, empty room with no escape
- An overwhelming sense of sadness about life and about all that you are and all you do
- You are numb to the world



Keep fighting

Treatment

- The goal is full remission of symptoms, meaning no depression at all 😊



ASK FOR HELP! 😊

Don't be shy about
asking for help.
It doesn't mean
you're weak,
it only means
you're wise.

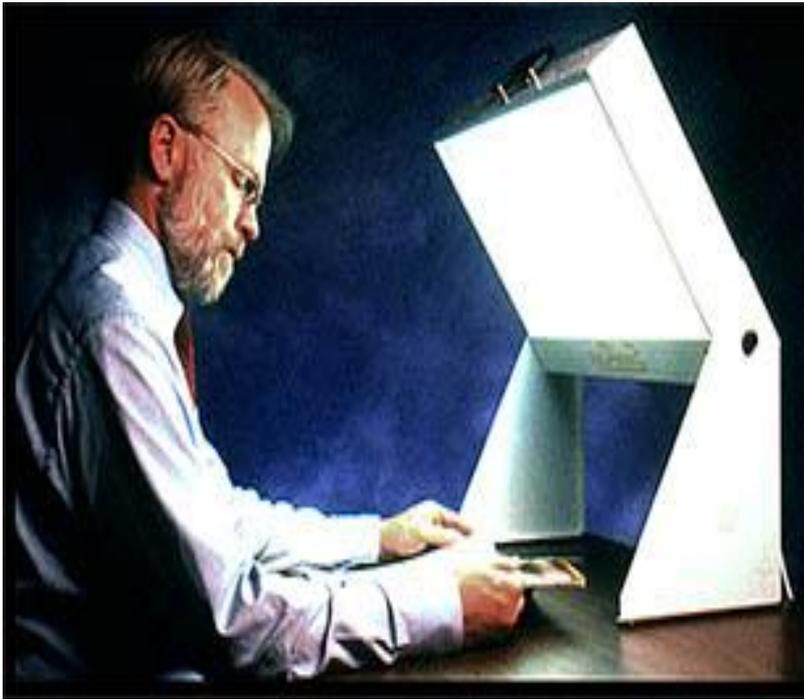
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Treatment Options for Depression

- Cognitive Behavior Therapy
- Light Therapy
- Medication
- Electroconvulsive Therapy
- Meditation
- Peer support groups
- Psychosocial Rehab
- Self-management strategies

Light Therapy for SAD



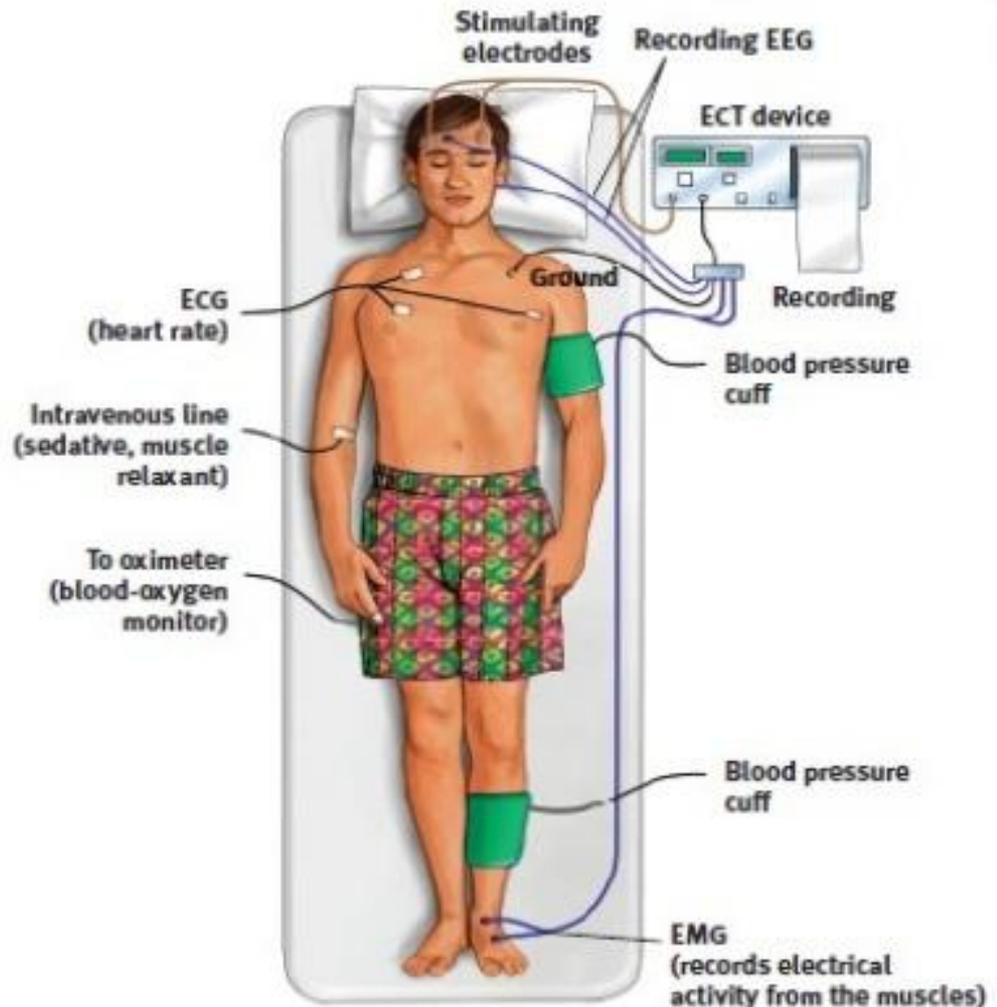
Cognitive Behavior

- **Cognitive behavioral therapy (CBT)** is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or **behavior** that are behind people's difficulties, and so change the way they feel.



Electroconvulsive Therapy (ECT)

- Electroconvulsive therapy [ECT] induces a mild seizure that disrupts severe depression for some people.
- This might allow neural re-wiring, and might boost neurogenesis.



Medication

- Medication can be used for 6 to 9 months and pts can be weaned off of them depending on their progress.
- People that have had 2 major depressive episodes usually require lifelong medication
- Zoloft
- Cymbalta
- Wellbutrin
- Remeron
- Lexapro
- Celexa
- Prozac
- Paxil



Guided Meditation

- <https://www.youtube.com/watch?v=Jyy0ra2WcQQ>
- Takes a lot of hard work and patience but very worth it for any kind of mood disorder.

Follow The link to complete a Depression Screening

- <http://www.mentalhealthamerica.net/mental-health-screen/patient-health>

Suicide

- No single cause of suicide
- Usually occurs when stressors excide current coping abilities
- Depression is the most common associated mental health condition
- Depression, anxiety and substance abuse increase the risk

Facts about Suicide

- In 2013 (latest available data), there were 41,149 reported suicide deaths.
- Suicide is the fourth leading cause of death for adults between the ages of 15 and 64 years in the United States.
- Currently, ***suicide is the 10th leading cause of death in the United States.***
- A person dies by suicide about **every 12.8 minutes** in the United States.
- Every day, approximately 112 Americans take their own life.
- Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death.
- There are four male suicides for every female suicide, but three times as many females as males attempt suicide.
- 494,169 people visited a hospital for injuries due to self-harm behavior, suggesting that approximately 12 people harm themselves (not necessarily intending to take their lives) for every reported death by suicide.

Warning Signs

If a person talks about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves

People who are considering suicide often display one or more of the following moods:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

Specific things to look out for include:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

Risk factors for Suicide

- Depression
- Bipolar (manic-depressive) disorder
- Schizophrenia
- Borderline or antisocial personality disorder
- Conduct disorder
- Psychotic disorders, or psychotic symptoms in the context of any disorder
- Anxiety disorders
- Substance abuse disorders
- Serious or chronic health condition and/or pain
- Stressful life events which may include a death, divorce, or job loss
- Prolonged stress factors which may include harassment, bullying, relationship problems, and unemployment
- Access to lethal means including firearms and drugs
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide
- Previous suicide attempts
- Family history of suicide attempts

Signs And Symptoms That Require Immediate Attention

- Thoughts or plans of killing or hurting one's self or another person
- Hearing voices or seeing things that no one else can hear or see
- Unexplainable changes in thinking, speech, or writing
- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character



What Can You Do to Prevent Suicide

“Every year suicide claims more lives than war, murder, and natural disasters combined, and yet suicide prevention doesn't get anywhere near the funding given to other leading causes of death. It's up to Walkers like us to make a difference. Together we can change the conversation about mental health and put a stop to this tragic loss of life.”
(American Foundation for Suicide prevention.”

Join a community walk to spread suicide awareness and help prevent suicide. Sign up at walks@afsp.org

Suicide Crisis Number

- **If you are in crisis,**
call 1-800-273-TALK (8255)
National Suicide Prevention
Lifeline or contact the **Crisis**
Text Line by texting HELLO
to **741-741**.

Let's Talk About Anxiety



What is anxiety?

- Anxiety is a common emotion.
- At some stage in our lives we will all feel anxious when faced with a difficult situation.
- Anxiety responses:
- **Physiological** – sweating, increased heart rate, butterflies in the stomach
- **Cognitive** – negative self talk such as
” I can't cope”
- **Behavioural** – avoidance of the anxiety provoking situation
- Flight or fight response

Anxiety

- Very common with more than 3 million cases per year
- Usually self diagnosed
- Can occur in crowds
- You may be afraid to leave your home
- Can be generalized anxiety



10 symptoms of Anxiety

- **Fixation Upon The Outcome Of Events**
- **Restlessness And Difficulty In Concentrating**
- **Problems With Decision-Making**
- **Worrying About Anxiety**
- **Physical Manifestations Of Mental Stress**
- **Sweating**
- **Shortness Of Breath**
- **Insomnia**
- **Irrational Fears**
- **Chronic Indigestion**

anxiety can say things like...

Life's too short
to be sad.



Just have
confidence.

Take the
plunge.



Get some guts!

Why can't you
just cheer
up?



It's all in
your head!

But finding the courage isn't
that easy to do.

Treatment options for Anxiety

Anxiety treatments	% who used	% helped a lot
Prescription medication	68%	 72%
Yoga	16	 46
Meditation	27	 42
Deep-breathing exercises	43	 34
Over-the-counter medication	7	 19

Differences of less than 5 percentage points are not meaningful.

I would be glad to help you find peace.
Please schedule an appointment today
:)



CONSULTATION AND SUPPORT

You can also use the EAP program. Confidential and free 😊

- You and the members of your household are entitled to up to **3 consultations with a licensed clinician per incident, per individual, per calendar year**. You have telephonic consultations for maximum convenience and anonymity. Please call 1-844-7-METLIFE anytime

What is Not Covered with EAP

- E4 Health's EAP services **do not** provide:
- Inpatient or outpatient treatment for any medically treated illness
- Prescription drugs
- Treatment or services for mental retardation or autism
- Counseling services beyond the number of sessions covered
- Services by counselors who are not E4 Health providers
- Counseling required by law or a court, or paid for by Workers' Compensation, or
- Formal psychological evaluations and fitness-for-duty opinions

Questions

