

JOHNS HOPKINS  
UNIVERSITY & MEDICINE



## Understanding and Coping With Depression

Date: October 26, 2022

Facilitator: Jeremyra Cross



# Example Areas of Assistance



EMOTIONAL WELLBEING	CHILDCARE	ADULT AND ELDERCARE	DAILY LIVING	LEGAL AND FINANCIAL
Stress, Anxiety, Depression	Locating Childcare	Aging	Home Improvement	Identity Theft
Life Transitions	Parenting/Child Development	Housing Options	Pet Care	Wills and Estate Planning
Relationship and Family Concerns	Adoption	Caregiver Support	Moving and Relocation	Divorce and Custody
Grief and Trauma	Education	Medicare and Medicaid	Event Planning	Bankruptcy
Addiction and Recovery	Work/Family Balance	Community Resources	Travel/Leisure	Budgeting and Debt/Credit Management
Workplace Issues		Adults with Disabilities	Disaster Recovery	Saving for the Future

## Features of JHEAP

- Confidential
- No Cost
- Employees & Household Members
- 24/7
- 888-978-1262
- [www.myccaonline.com](http://www.myccaonline.com)
- Company Code: **JHEAP**



# Housekeeping Tips for a Successful Session

- WebEx controls appear at the bottom of the screen
- Phone lines are muted, cameras are disabled
- Please DO NOT put your phone on hold
- Questions or comments for the presenter? Use chat and select “All Panelists”
- Questions or comments for the group? Use chat and select “Everyone”



## Definition

Depression is the “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

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

- 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

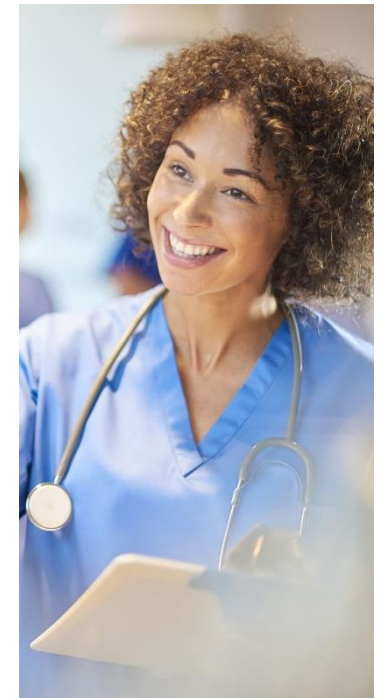
- Aches
- Fatigue – excessive sleepiness
- Insomnia – can't sleep
- Restlessness – have to move
- Loss of appetite – food doesn't taste good

# Physical Symptoms

- 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 and friend relationships
- Losing things
- Money problems
- Anxiety
- Depression is costly to individuals, families, and business

# Kinds of Depression

- Major depressive disorder (MDD)
- Dysthymic disorder
- Psychotic
- Seasonal affective disorder (SAD)
- 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



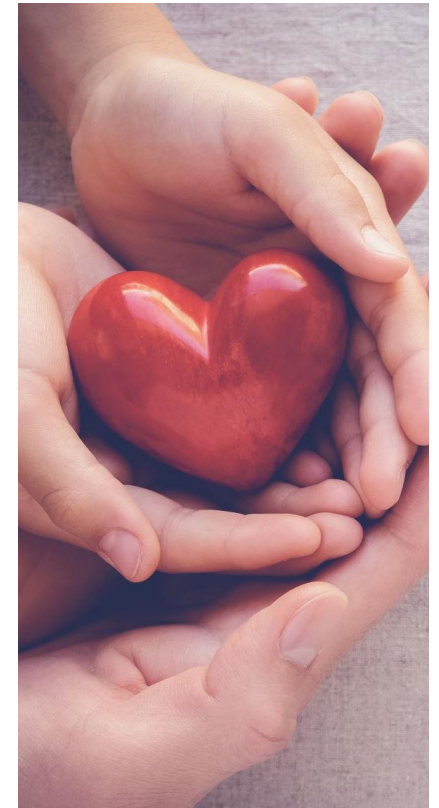
# Treatment

- 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 – schedule, attend
- Be non-judgmental
- Remind them treatment takes time
- Never ignore talk of suicide



## Talking to a Person You Believe Needs Help

- 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.

# Helping Yourself

- See your doctor if symptoms persist or are recognized by 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

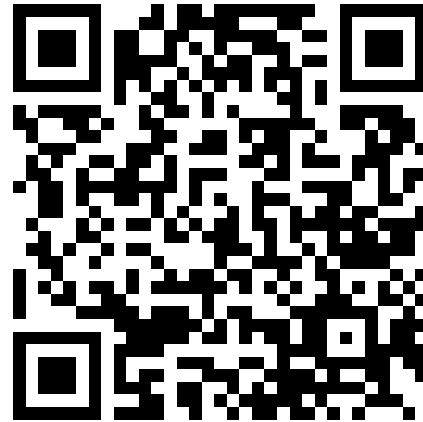
- Many sources of help
- Family doctor
- Psychiatrists
- Psychologists
- LCSW
- Bereavement counselors
- Peer support groups



# Hope for Depression: Highly Treatable

# Webinar Evaluation Survey

Scan the QR code to fill out the evaluation survey!



<https://www.surveymonkey.com/r/2ZX6YDW>

THANK YOU!



TOLL-FREE:  
**888-978-1262**

WEBSITE:  
**[www.myccaonline.com](http://www.myccaonline.com)**

COMPANY CODE:  
**JHEAP**

**Thank you!**

