

Spring 2010

## Depression [brochure and video]

Mandy Skinner

Western Kentucky University, [mandy.skinner@wku.edu](mailto:mandy.skinner@wku.edu)

Sara Pitts

Western Kentucky University, [sara.pitts243@wku.edu](mailto:sara.pitts243@wku.edu)

Follow this and additional works at: [http://digitalcommons.wku.edu/cns\\_apps](http://digitalcommons.wku.edu/cns_apps)



Part of the [Student Counseling and Personnel Services Commons](#)

---

### Recommended Citation

Skinner, Mandy and Pitts, Sara, "Depression [brochure and video]" (2010). *Counseling Concepts and Applications for Student Affairs Professionals (CNS 577)*. Paper 10.  
[http://digitalcommons.wku.edu/cns\\_apps/10](http://digitalcommons.wku.edu/cns_apps/10)

This Other is brought to you for free and open access by TopSCHOLAR®. It has been accepted for inclusion in Counseling Concepts and Applications for Student Affairs Professionals (CNS 577) by an authorized administrator of TopSCHOLAR®. For more information, please contact [topscholar@wku.edu](mailto:topscholar@wku.edu).

## What are the Signs & Symptoms?

### - Feelings of helplessness and hopelessness.

A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.

### - Loss of interest in daily activities. No

interest in former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.

### - Appetite or weight changes. Significant

weight loss or weight gain—a change of more than 5% of body weight in a month.

### - Sleep changes. Either insomnia, espe-

cially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).

### - Loss of energy. Feeling fatigued, sluggish,

and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.

### - Concentration problems. Trouble fo-

cusings making decisions, or remembering things. (helpguide.org)

You DO NOT have to live with depression.

Depression can be treated.



For more information on depression go to the following links.

#### World Health Organization

[http://www.who.int/mental\\_health/management/depression/definition/en/](http://www.who.int/mental_health/management/depression/definition/en/)

#### Depression Help Spot

[http://www.depressionhelpspot.com/depression\\_statistics.html](http://www.depressionhelpspot.com/depression_statistics.html)

#### Depression Statistics. Org

<http://www.depressionstatistics.org/>

#### America's Mental Health Channel

<http://www.healthypace.com/depression/self-help/where-to-get-help-for-depression/menu-id-68/>

#### Understanding Depression

[http://helpguide.org/mental/depression\\_signs\\_types\\_diagnosis\\_treatment.htm](http://helpguide.org/mental/depression_signs_types_diagnosis_treatment.htm)

Depression



Mandy Skinner & Sara Pitts  
CNS 577  
Western Kentucky University

Depression is NOT Your Fault and CAN be Treated

## What is Depression?

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide, a tragic fatality associated with the loss of about 850 000 lives every year.

Depression is the leading cause of disability as measured by YLDs and the 4th leading contributor to the global burden of disease (DALYs) in 2000. By the year 2020, depression is projected to reach 2nd place of the ranking of DALYs calculated for all ages, both sexes. Today, depression is already the 2nd cause of DALYs in the age category 15-44 years for both sexes combined.

Depression occurs in persons of all genders, ages, and backgrounds. (WHO 2010)



## What are the Facts?

- By the year 2020, depression will be the 2nd most common health problem in the world. (depression help spot)

- Over 15 million people in the United States suffer from Depression. (depression help spot)

- Women have higher risks of developing depression compared to men. Specifically,

statistics show that for every man who suffers from depression, two women will. And

compared to single women, married women especially those who just had birth are likely

to suffer from depression, including postpartum depression. (depression statistics.org)

- The common reasons why men suffer from depression include unemployment, forced

retirement, divorce, or separation from their immediate family. While women have higher

risks of developing depression, suicidal tendencies in men are higher; the rate of which

is three times than that of women. Also, men tend to develop cardiovascular diseases after

they are diagnosed with depression.

(depression statistics.org)

## Where to Go For Help?

- Family Doctors

- Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors

- Health maintenance organizations

- Community mental health centers

- University- or medical school-affiliated programs

- Employee assistance programs

- Local medical and/or psychiatric societies

- Hospital psychiatry departments and outpatient clinics

- Private clinics and facilities  
(Healthyface.org)

