



▶▶ **Understanding Depression and
Growing Resiliency**

United Mental Health Promoters | Promotores de Salud Mental



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
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AGENDA

Understanding Depression as a Mental Health Condition

Types of Depression

Seeking Treatment

Ways to Promote Resilience and Wellbeing

Resources

Reflections/Closing

Definitions

- “Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable.”
- Depression is different from sadness or grief/bereavement; therefore, feeling sad is not same as having depression.
- Co-existing depression: when depression is accompanied by other conditions such as anxiety DO, substance use DO, grief.

▶▶ Things to Consider

- Some elements that make a person (children and adults) more prone to experience an episode of depression are as follows:
 - ◁ **Biochemistry:** Chemicals in the brain are different
 - ◁ **Genetics:** Runs in the family
 - ◁ **Personality:** Low self esteem, pessimistic/negative
 - ◁ **Environment:** Social exposure to crime, violence, abuse, poverty, etc

Who gets depression?



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▶▶ Statistics

- Depression affects an estimated of one in **15 adults (6.7%)** in any given year.
- **One in six people (16.6%)** will experience depression at some time in their life. Depression can occur at any time, but on average, first appears during the **late teens to mid-20s**.
- Women are more likely than men to experience depression. Some studies show that **one-third of women** will experience a major depressive episode in their lifetime.
- There is a high degree of heritability (approximately **40%**) when first-degree relatives (parents/children/siblings) have depression.

▶▶ Major Depressive Disorder

Two of these symptoms must be present:

- Feeling depressed or down most of the day, almost every day for more than two weeks
- Losing pleasure in things you used to enjoy

▶▶ Major Depressive Disorder

Additional symptoms accompanied by functional impairment:

- Changes of sleep
- Change in appetite
- Lack of concentration
- Loss of energy
- Feeling agitated or like you are in slow motion
- Feeling worthless or guilty
- Thoughts of death or preferring to be dead

Does depression look the same in everyone?



Children



Adults



Younger Adults



Adolescent



Older Adults



How else does depression look like in children?

- Depression in children can present with additional symptoms such as irritability and aggression.
- Those who are depressed lose interest in children's activities and homework, appear tired, give up easily and withdraw from friends and family.
- Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is among the leading causes of death

Other Types of Depressive Disorders

The background features a stylized illustration of four people in profile, facing right. From left to right: a man with dark skin and a blue cap, a woman with blonde hair, a man with dark skin and a blue cap, and a woman with grey hair. The illustration uses a color palette of blues, greys, and skin tones.

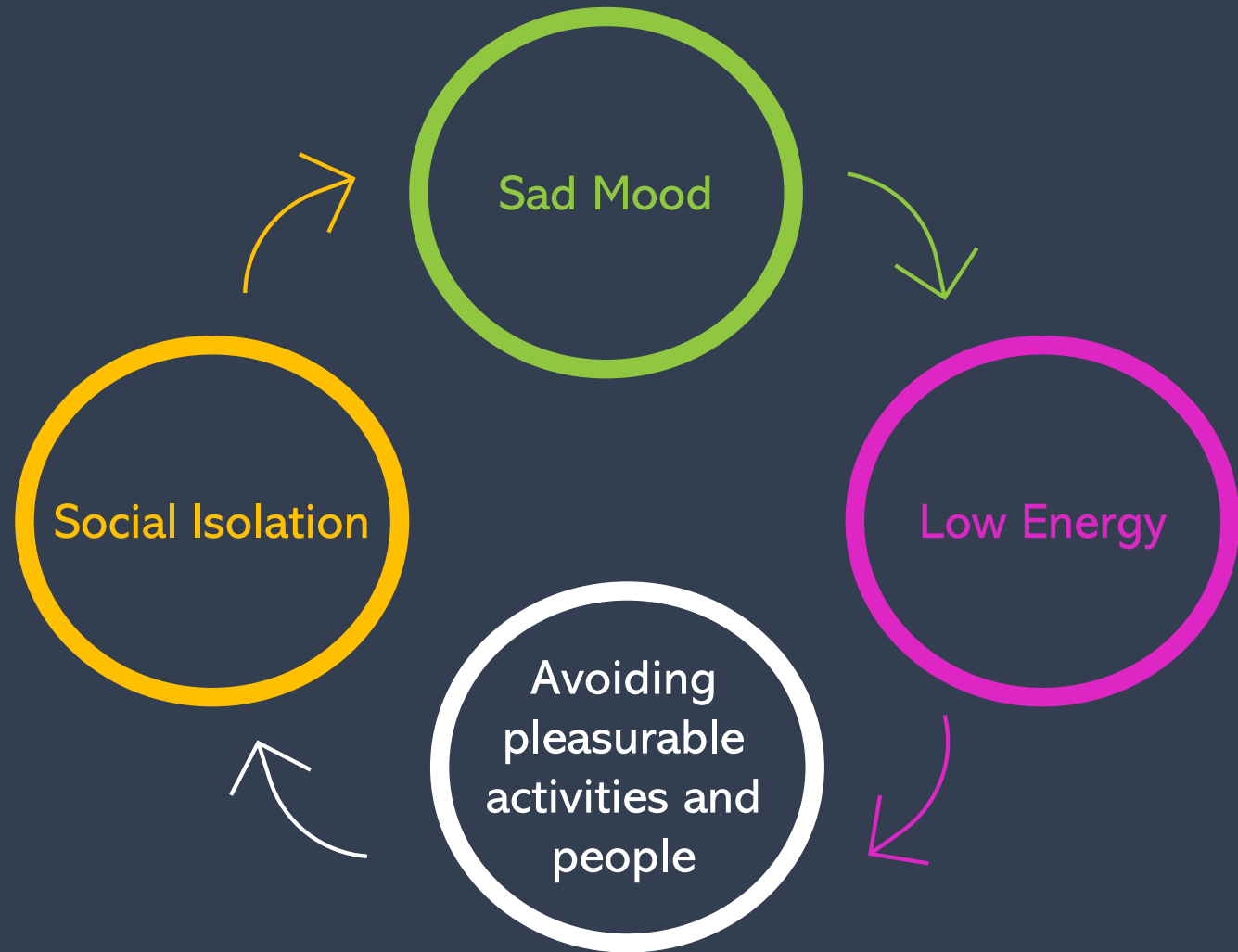
Persistent depressive disorder (dysthymia), which often includes less severe symptoms of depression that last much longer, typically for at least 2 years.

Perinatal depression, which occurs when a woman experiences major depression during pregnancy or after delivery (postpartum depression)

Seasonal affective disorder, which comes and goes with the seasons, typically starting in late fall and early winter and going away during spring and summer.

Depression with symptoms of psychosis, a severe form of depression where a person experiences psychosis symptoms, such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things that others do not see or hear).

The Depression Spiral



When should we ask for help?



- Suicide is mentioned. Never handle it yourself.
- The person feels very sad and has other symptoms for **more than 2 weeks**.
- The person does not want to talk to anyone and/or go to work.

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IS
HEALTH.



Take Action!

- See the doctor for a general checkup.
- Go to a clinic/center where they offer professional mental health help



What can we say?

||| I'm here for you.

||| I can see this is a really hard time for you.

||| I'm not sure what to do, but I'm sure we can figure it out together.

||| What can I do to help? Just tell me how.

||| I know it doesn't feel like it now but there is hope that things can get better.

||| I'm sorry if I said the wrong thing. Can we start again?

||| I have noticed you seem to be doing better lately. Is that how it feels for you?

||| Do you feel like doing something together to help take your mind off things?

Treatment for Major Depressive Disorder



- **Psychotherapy** can help depressed people understand their symptoms and find positive ways to cope with or face life's challenges

▶▶ Treatment for Major Depressive Disorder



Medication

- ◀ Antidepressants can help reduce symptoms of depression. It is important to see a Doctor or Psychiatrist and not self-medicate.

▶▶ Protective Factors

- **For Children and Adolescents**

- ◁ presence of supportive adults,
- ◁ strong family relationships,
- ◁ strong peer relationships,
- ◁ coping skills, and skills in emotion regulation

Significant Protective Factors Against Depression



**POSITIVE
RELATIONSHIPS**



SELF-CARE



ABSTINENCE

- **For Adults**

- ◁ Abstinence from alcohol and other drugs
- ◁ Help seeking behavior
- ◁ Supportive friends and partners
- ◁ Hope for the future
- ◁ Goals
- ◁ Pets or feeling connected to others
- ◁ Good problem solving skills
- ◁ Medical compliance and sense of importance for their well being.



Family and Community Protective Factors

- Strong interpersonal bonds
- Family cohesion
- Parental presence is key (especially for children and youth)
- Cultural and religious beliefs that discourage suicide and support self-preservation
- Ability to cope and handle crisis



- Reasonable safe and stable environment
- Access to care for physical and mental health
- Restricted access to firearms and other lethal means
- Opportunities to be part of your community (sports, school activities, other)

▶▶ The Role of Community

- Be understanding
- Avoid criticism or a “guilt trip”
- Listen without judgement
- Show empathy and respect for their feelings of loss, sadness, pain, etc.
- Advocate for needed services
- Seek profesional help
- Support them through recovery

Empathy Statements

“Is there anything I can do for you today, big or small?”

“You’re absolutely correct, Sir/Madam ”

“I want to make sure that I really have an understanding of what you’re telling me. I’m hearing that...”

“What I’m currently doing to help you is...”

“I will contact you as soon as we have had an update ”

“Is there anything else that I can help you with today?”

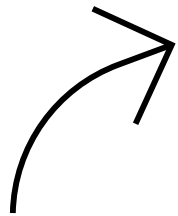
▶▶ What else can be done?

- Exercise regularly; this has been reported to create positive feelings and improve mood
- Sleep hygiene: establish a routine to have enough quality sleep regularly
- Eat balanced/healthy and avoid drugs and alcohol
- Learn something new and be open minded
- Prayer/meditation
- Maintain a social circle
- Practice meaningful things to you

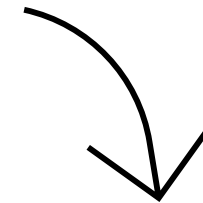
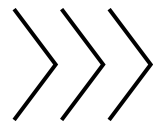
*****These recommendations apply for children and adults**

▶▶ Increasing well-being

Positive Emotions
Positive Thoughts
Positive Behaviors
Need Satisfaction



Positive Activity



Increased Well-being

▶▶ Behavioral Activation



Do more enjoyable activities in order to

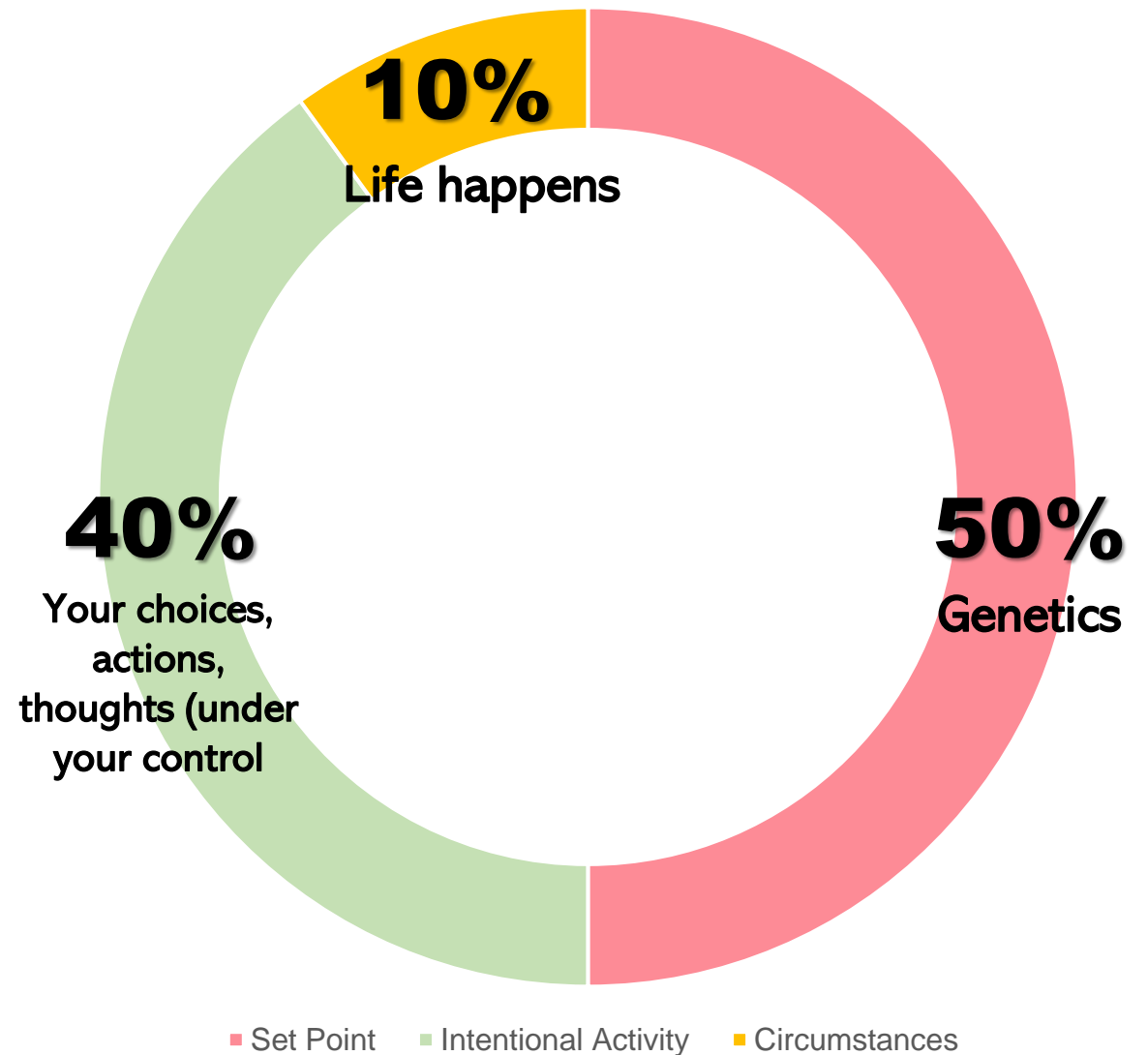


Decrease depressive symptoms

Goal: Help people engage in **meaningful** activities that align with their values

What determines happiness?

Is it possible to become happier?



▶▶ Helping a Loved One

If someone you know has depression, help them see a health care provider or mental health professional. You also can:

- Offer support, understanding, patience, and encouragement.
- Invite them out for walks, outings, and other activities.
- Help them stick to their treatment plan, such as setting reminders to take prescribed medications.
- Make sure they have transportation to therapy appointments.
- Remind them that, with time and treatment, the depression will lift.



Importance of self-care when helping a loved one

- **Make space for your own emotions**
- **Practice self-compassion**
- **Take time to practice self-care**
- **Remind yourself that what you do matters**

Building Resiliency

**Social Connection
wellness,
healthy thinking,
and meaning**



Quality time

Talk about
feelings

Allow space for
problem solving

Recognize effort
even in failure

Acknowledge
own mistakes

▶▶ Reflection



For mental health resources, services, and support, please call our 24/7 Help Line at (800) 854-7771 or visit <https://dmh.lacounty.gov/get-help-now>

You may also connect with us at @LACDMH on Facebook, Twitter, Instagram, and YouTube

Need to be connected to mental health services?

Call 800-854-7771
(ext. 1) for mental health referrals and crisis services.



Your emotional wellbeing is our top priority.

Call 800-854-7771



Need resources for veterans and their families?

Call 800-854-7771
(ext. 3)



988 SUICIDE & CRISIS LIFELINE

There is hope.



Talk with us.



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References:

- [Psychiatry.org - What Is Depression?](https://www.psychiatry.org/what-is-depression)
- [NIMH » Depression \(nih.gov\)](https://www.nimh.nih.gov/health/topics/depression)
- [Depression in children can look differently and we want to be aware of behaviors that might mean depression](#)
- [Depression and Anxiety in Children and Teens on the Rise Amid COVID-19 \(checkupnewsroom.com\)](#)
- [Anxiety and depression in children: Get the facts | CDC](#)
- [For Friends and Family Members | MentalHealth.gov](#)
- [The Prevention of Adolescent Depression - PMC \(nih.gov\)](#)
- [How to Practice Self-Care and Support Others During Stressful Times | Lifespan](#)



▶▶ Stigma and Discrimination Reduction (SDR) Survey



SDR Program Questionnaire (English)

Stigma and Discrimination Reduction Program Participant Questionnaire



tinyurl.com/SDR-Eng

To help us improve, please tell us what you think!

- SDR is anonymous and voluntary
- Please click on the link in the chat box and fill in:

Program:

“Understanding Depression...”

Presenters:

My name is ...

Date:

Today is ...