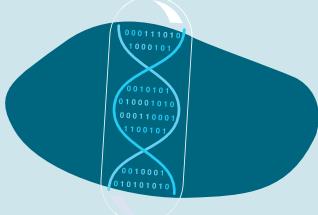
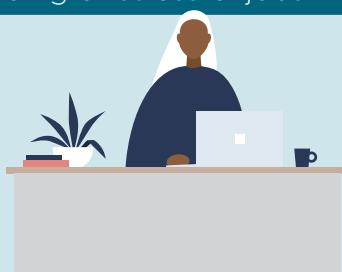


# 5 Myths vs Facts About DEPRESSION

MYTH #1:	Depression will not affect me.	
FACT:	Depression is more common than you may think. In the US, more than 17 million adults live with depression yet less than half get treatment. While you may not experience depression, chances are you know someone who does.	
MYTH #2:	Depression and sadness are the same and people can just snap out of it.	
FACT:	Being sad is not the same as having depression. Depression is a mental health condition that causes people to experience extreme sadness, trouble sleeping, loss of energy, difficulty thinking, and more.	
MYTH #3:	People's genetics dictate whether they develop depression.	
FACT:	Depression is caused by one or more factors, including biological factors, life experiences, family history, personality, and environment.	
MYTH #4:	People with depression cannot work in demanding or stressful jobs.	
FACT:	People with depression hold jobs in diverse fields and at all levels of organizations, from the shop floor to the c-suite. Depression impacts people's work and personal lives differently. There is no "one size fits all."	
MYTH #5:	Those impacted by depression do not recover.	
FACT:	With proper treatment, usually consisting of medication, psychotherapy or a combination of both, people with depression can and do get better! Early and effective treatment leads to the best results.	

## POTENTIAL SIGNS OF DEPRESSION

Feeling sad, hopeless, worthless, or guilty



No longer interested in things or activities once enjoyed

Trouble sleeping, sleeping too much



Decreased energy, extreme fatigue



Difficulty concentrating, thinking, or making decisions



Changes in appetite, weight loss or gain, unrelated to dieting



Thoughts of death or suicide

### WHAT CAN EMPLOYERS DO TO EFFECTIVELY ADDRESS DEPRESSION IN THE WORKPLACE?

- Raise awareness about depression and the importance of getting help early. We've got what you need to move in the right direction at [RightDirectionforMe.com](http://RightDirectionforMe.com).
- Educate leaders through training to **NOTICE** the warning signs, **TALK** with employees that show signs of depression and **ACT** by connecting employees to show you care with services and supports. Learn more at [workplacementalhealth.org/NTAatWork](http://workplacementalhealth.org/NTAatWork).

- Depression Calculator: Calculate the cost of depression to your organization, share with leadership and engage in anti-stigma campaigns [workplacementalhealth.org/depressioncalculator](http://workplacementalhealth.org/depressioncalculator).
- No need to reinvent the wheel, find out how other organizations have effectively addressed depression in the workplace. [workplacementalhealth.org/Case-Studies](http://workplacementalhealth.org/Case-Studies).

### REFERENCES

1. [psychiatry.org/patients-families/depression/what-is-depression](http://psychiatry.org/patients-families/depression/what-is-depression)
2. [nimh.nih.gov/health/topics/depression/index.shtml](http://nimh.nih.gov/health/topics/depression/index.shtml)
3. [nimh.nih.gov/health/statistics/major-depression.shtml](http://nimh.nih.gov/health/statistics/major-depression.shtml)
4. [adata.org/factsheet/health](http://adata.org/factsheet/health)
5. [nimh.nih.gov/health/topics/depression/index.shtml#part\\_145399](http://nimh.nih.gov/health/topics/depression/index.shtml#part_145399)

The American Psychiatric Association Foundation is grateful to Johnson & Johnson for providing support for the development of this infographic.



To learn more, visit [workplacementalhealth.org](http://workplacementalhealth.org)