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. |
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.

- 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.

- Depression Calculator: Calculate the cost of depression to your organization, share with leadership and engage in anti-stigma campaigns 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.

REFERENCES

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3. nimh.nih.gov/health/statistics/major-depression.shtml
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