Women and Depression

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Facilitator: Theresa Francois
# CCA@YourService: How We Support Employees & Family Members

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Features of CCA@YourService

- Confidential
- No Cost
- Employees & Family Members
- 24/7
- 800-833-8707
- www.myccaonline.com
- Company Code: CUNY
Examples of Mental Illness

- Major Depression
- Anxiety Disorder
- Bipolar Disorder
- Dementia
- Obsessive Compulsive Disorder
- Schizophrenia
- Attention Deficit/Hyperactivity Disorder
- Post Traumatic Stress Disorder
Objectives

- Definition of Depression
- Causes of depression
- Factors contributing to depression in women
- Symptoms of depression
- Impact of depression
- Ways to give help
- How to get help
“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... Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.”

- American Psychiatric Association
Causes of Depression

- Major trauma: death of loved one, postpartum, hormonal, prolonged illness and/or pain
- Life stressors: moving, job change or loss, relationship issues, financial struggles
- Some medicines or drug interactions may cause depression
- Vascular illness can contribute to depression
Factors Contributing to Depression in Women

- Genetics
- Chemical imbalances and hormonal changes
- Co-existing 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 of Depression (Continued)

- 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 of Depression

- Aches
- **Fatigue**: Excessive sleepiness
- **Insomnia**: Trouble sleeping
- **Restlessness**: Can’t sit still
- **Loss of appetite**: Don’t enjoy food
Physical Symptoms of Depression (Continued)

- 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
A doctor or another qualified health professional 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 make additional referrals to other doctors/health professionals.
Effects of Depression

• Inability to do job well
• Deteriorating family and friend relationships
• Losing things or being forgetful
• Financial struggles
• Anxiety
• Depression is costly to individuals, families and business
Types of Depression

- Major Depressive Disorder
- Persistent Depressive Disorder
- Psychotic Depression
- Seasonal Affective Disorder (SAD)
- Bipolar Disorder
Treatment

• Good self-care
• Behavior therapy
• Counseling
• Medication: prescribed by a doctor
• Alternative therapies: acupuncture, hypnosis, biofeedback
• Brain stimulation therapy
Helping a Friend or Loved One

• Offer support
• Listen and talk
• Encourage social activity and exercise
• Help with doctor's appointments - help 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 you 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
Where to Go For Help?

- Talk to your doctor
- Mental health professionals: social workers, psychiatrists, psychologists, mental health counselors
- Employee Assistance Program
- Contact your health insurance company for referrals
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- Family services or other social service agencies
- Private clinics
There is hope for depression.

It is treatable.
Webinar Evaluation Survey

Scan the QR code to fill out the evaluation survey!

THANK YOU!
Thank you!

TOLL-FREE: 800-833-8707

WEBSITE: www.myccaonline.com