


United States Postal Service EAP Wellness Seminars

"Coping with Depression"


 Living Healthy, Working Well

These materials were developed by Magellan Behavioral Health

United States Postal Service EAP Wellness Seminars

Coping with Depression

"More Than The Blues"


 Living Healthy, Working Well

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More Than The Blues: Talking to Family and Friends about Depression

Depression ...


- ...is as costly overall as coronary heart disease, and
- ...affects at least 1 in 20 of us every year, yet
- ...only 1 in 3 get help for it

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What Is Depression?

More than just the blues...	Not someone's fault ...	A serious mood disorder!
Blues: <ul style="list-style-type: none">▪ Affect all of us sometimes▪ Are a natural response▪ Get better with time	Not just a: <ul style="list-style-type: none">▪ Character flaw▪ Matter of will power, or▪ Wishing it weren't so	Depression: <ul style="list-style-type: none">▪ Interferes with day-to-day functioning▪ Doesn't get better with time▪ Requires medical and psychiatric help


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Learning Objectives

You will learn to:


- Understand the nature and types of depression
- Causes and risk factors
- Treatments
- Recognize when help is needed
- Identify help resources
- Approach family and friends in a caring, effective way

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Types of Depression


- Major depression
- Dysthymia
- Bipolar
- Seasonal Affective Disorder (SAD)

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Signs and Symptoms


- Persistent sadness, hopelessness, despair
- Loss of interest or pleasure in activities
 - Loss of energy
- Insomnia, early awakening, or oversleeping
 - Appetite and weight changes
 - Restlessness, irritability, anger
- Impaired concentration and decision-making
 - Low self-esteem
- Thoughts or talk of death or suicide

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Warning Signs of Suicide


- Saying, "Nothing matters..."
- Giving away possessions
- Sudden cheerfulness following depression
- Buying a gun
- Talking about doing it

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Who Suffers from Depression?

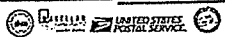
- Older Americans
- Women more than men
- Teenagers
- Children

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Risk Factors


- Family history and genetics
- Gender
- Previous episode(s)
- Serious medical illness
- Post-partum state
- High stress without good coping skills

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Causes of Depression

- Chemical imbalance
- Genetic and environmental factors
- Medical illness
- Psychological and emotional causes
 - Life experiences
 - Emotional dependency
 - Inadequate self-esteem
- Sometimes the cause is unknown

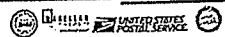
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Depression and Aging

MYTH Depression in the elderly is different from other forms of depression. It is a natural response to aging.

REALITY Depression in the elderly is similar to depression in the general population. It is a treatable medical condition.


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Depression in Teenagers & Children

Look for:


- Increased moodiness, irritability, argumentativeness
- Poor concentration; academic or behavioral problems at school
- Sleep and appetite changes
- Change in activity levels
- Frequent self-criticism
- References to death and suicide

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Treatment for Depression


- Medication (affects brain chemistry)
 - Antidepressants; mood stabilizers
- Psychotherapy (talk therapy)
 - Cognitive
 - Interpersonal
 - Behavioral
 - Psychodynamic
- Combination of psychotherapy + medication
- Electroconvulsive Therapy (ECT)

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The Path to Recovery

- Professional help for serious depression
 - Medical; psychological
- Prevention in early stages
 - Interpersonal and social support
 - Self-help for less serious forms of depression
 - Behavioral changes
 - Taking control
 - Developing and using social support systems


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Helping Others

- Listen without blaming
- Urge person to get professional help
- Encourage them to keep active and busy, socially and at work
- Keep expectations realistic
- Be alert for suicide warning signs

Remember, EAP can help

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The United States Postal Service
Employee Assistance Program
is there to help
24 hours every day.

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1-800-327-4968 / 1-800-EAP-4-YOU
TTY: 1-877-492-7341
www.EAP4YOU.com

