



Depression in a Stigmatized Society

Brittany Barker • 04.06.2017



Before We Begin...



We Will Discuss:

The Stigma

Depression and the Individual

Defining Depression

Symptoms

What YOU Can Do

Steps to Help

The Huffington Post



Common responses to depression include

The Stigma

Depression is highly stigmatized

People often assume that depression is a “state of mind”

There is no definite cure

It is different for everyone



“You largely constructed your depression. It wasn’t given to you. Therefore, you can deconstruct it.”

~Albert Ellis

The NIMH vs. Albert Ellis

According to the National Institute of Mental Health



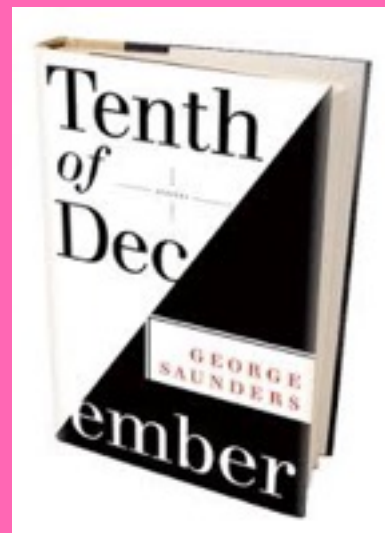
Depression and the Individual

What is Depression

Dictionary and Clinical Definitions

Symptoms

CDC & George Saunders



““Instead of seeing depression as a dysfunction, it is a functioning phenomenon. It stops you cold, sets you down, makes you miserable.”

~James Hillman

What YOU Can Do



Step One

Ask to have a talk with them. *Make sure they are comfortable with you.*

Step Two

Find a private area and talk.

To help with this step, you might want to share a personal story of your own.

Baby Steps (cont'd...)

Step Three

Don't push them. Encourage them.

Step Four

Spend time with them. Invite them out.

If you know something they like, offer to do that.

Baby Steps (cont'd...)

Step Five

Inform them of therapy, medicine. Show them that it's okay.

- On campus therapy groups.
- Medicine like Zoloft|Serotonin are prescribed by the doctor.
- The patient chooses how much medicine is helpful by trial.
- If something doesn't work, there are always more options.

Step Six

Let them know that you are there for them.

Demi Lovato



Get Help:

Hotline Number: 1-800-273-8255

Online Chat:

suicidepreventionlifeline.org

Call 911 in an Emergency