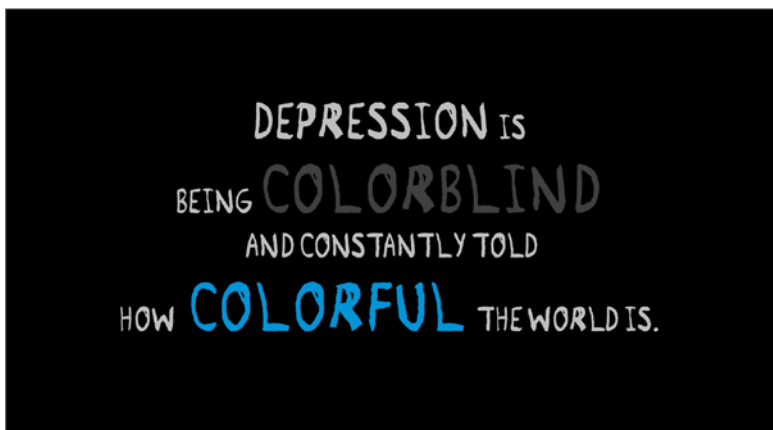


## Depression 1.1 Behavioral Health Awareness Depression



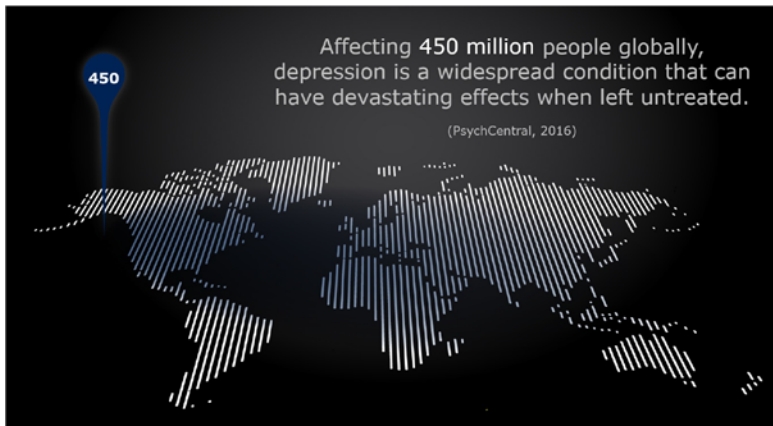
### *1.2 Depression Is Being Colorblind...*



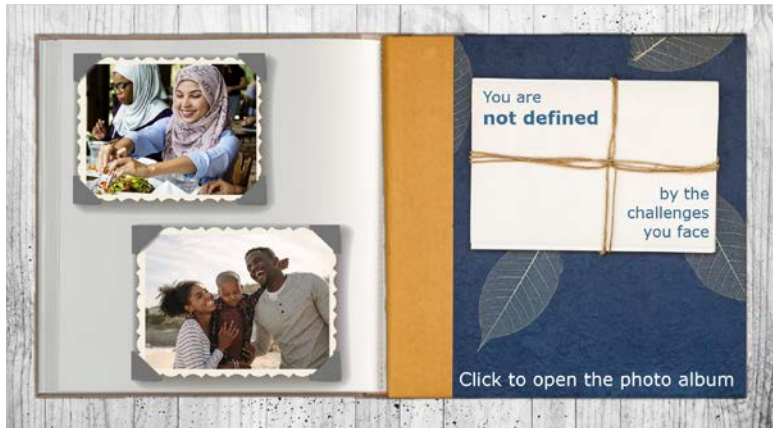
### *1.3 What You Will Learn*



## 1.4 Depression Affects 450 Million



## 1.5 What Is Depression?



## 1.6 Introducing Enrique and Mary



## 1.7 Enrique Is Worried About John



## 1.8 Myths and Misconceptions



### Snap out of it (Slide Layer)



## Depression isn't a real illness (Slide Layer)

“  
Depression isn't  
a real illness  
”

“  
Snap out of it  
”

“  
Talking about it  
makes things worse  
”

## Talking about it makes things worse (Slide Layer)

“  
Talking about it  
makes things worse  
”

“  
Snap out of it  
”

“  
Depression isn't  
a real illness  
”

## 1.10 Overcoming Misconceptions

SPECIAL REPORT

TRENDING: Click on the three trending articles

**Celebrities Open Up About Depression**

**Dwayne "The Rock" Johnson Reveals Depression Battle**

**Adele Opens Up About her Postpartum Depression**

Adele says she battles depression, before and after son's birth

**Demi Lovato Speaks Out About Mental Health**

Demi Lovato opens up about her darkest moments and thanks pals for support amid her struggles




## Rock (Slide Layer)

SPECIAL REPORT

TRENDING: [Adele's Battle with Depression](#) [Demi Lovato Discusses Mental Health](#)

Click on the other articles to learn more



“ We all go thru the sludge ... and depression never discriminates. Took me a long time to realize it but the key is to not be afraid to open up. Especially us dudes have a tendency to keep it in. You're not alone.

(The Washington Post, 2018)

”

## Demi (Slide Layer)

SPECIAL REPORT

TRENDING: [Adele's Battle with Depression](#) [The Rock Talks Depression](#)

Click on the other articles to learn more



Demi Lovato [@ddlovato](#)

It's time we start taking mental illness as serious as physical illnesses. "The brain is an important organ too...." - Patrick Kennedy

2:39 PM - 12 Nov 2014

21,309 Retweets 25,508 Likes

935 21K 26K

## Adele (Slide Layer)


SPECIAL REPORT

TRENDING: [Demi Lovato Discusses Mental Health](#) [The Rock Talks Depression](#)

Click on the other articles to learn more

“ My knowledge of postpartum is that you don't want to be with your child; you're worried you might hurt your child; you're worried you weren't doing a good job. But I was obsessed with my child. I felt very inadequate; I felt like I'd made the worst decision of my life ... It can come in many different forms.”

(TIME, 2016)



## 1.12 What IS True About Depression?

**Reflection Point**  
Click on all the true statements. If true, they will connect to the question.

Everyone has bad days.

Depression makes it difficult to live at peace alone.

Depressed people look sick.

Talking about depression makes things worse.

**What is true about depression?**

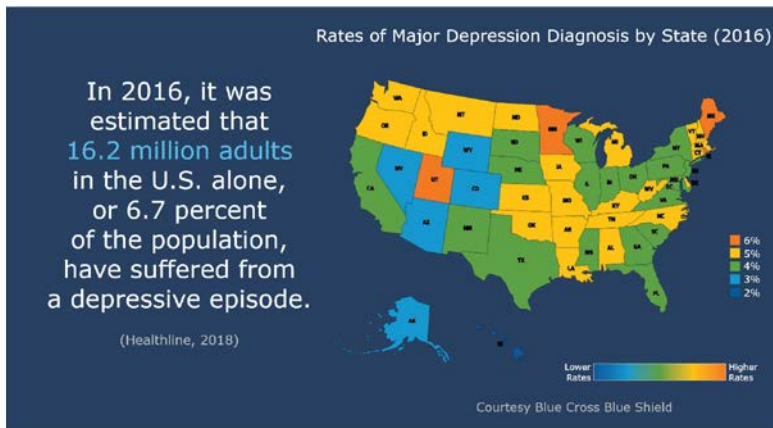
People who are depressed can snap out of it.

Depression isn't defined as a clinical illness.

Depression makes it difficult to connect with others.

Depression is when bad days stay for an extended period of time.

## 1.13 16.2 Million in the US Suffer from Depression



## 1.14 Who Is Affected?

**Slide 12 Accessible Version Narrated**


Depression is more common than you might have thought.

## 1.15 Depression in Young Adults

Slide 13  
Accessible Version  
Narrated

“ Many people are worried about how busy they are. There’s a lack of community. ”

“ I wouldn’t say that social media is responsible for a rise in depression — more the being rushed and lack of connections. ”



## 1.16 Why Does Depression Develop?

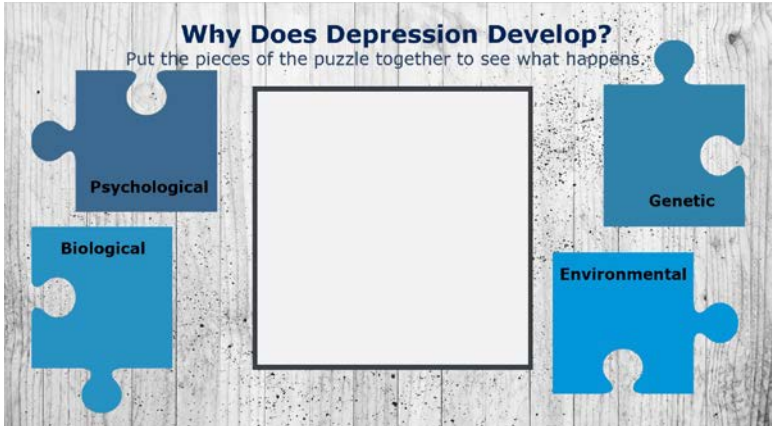
**Why Does Depression Develop?**  
Put the pieces of the puzzle together to see what happens.

Psychological

Genetic

Biological

Environmental



Correct (Slide Layer)

**Why Does Depression Develop?**  
Put the pieces of the puzzle together to see what happens.

Psychological

Genetic

Biological

Environmental

Depressive Symptoms



## 1.17 What Is True About Depression?

**Reflection Point**  
Click on all the true statements. If true, they will connect to the question.

Depression may develop because of genetic factors.

Social media may play a role in the rise of depression among adolescents.

Brain activity is the same between people with and without depression.

Depression develops when enough pieces of the puzzle are present.

What is true about depression?

Children and young adults do not commonly develop depression.

Depression rates are on the rise.

Family history plays no role in developing depression.

Depression may develop because of environmental factors.

## 1.18 Writing Down Depression

I WANTED TO  
WRITE DOWN  
EXACTLY  
WHAT I FELT

BUT SOMEHOW THE  
PAPER STAYED  
EMPTY

AND I COULD NOT  
HAVE DESCRIBED  
IT ANY BETTER.

## 1.19 Mary Feels Down





## 1.20 Depression Symptoms

**Reflection Point**  
Which symptoms do you recall hearing in Mary's story?

- Depressed mood
- Decreased interest
- Changes in appetite or sleep
- Decreased concentration and energy
- Increased sense of guilt
- Feeling agitated
- Feeling slowed down
- Expressing a desire to die
- Lack of hope

### Feedback (Slide Layer)

**Reflection Point**

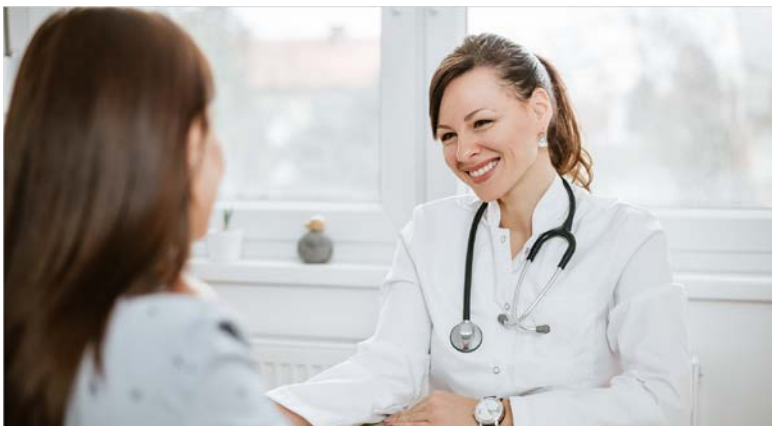
**Consider This**

When people experience depression, their symptoms interfere with their ability to go to work or participate in activities with their friends and family. Sometimes, people like Mary struggling with depression will spend a lot of their time resting or sleeping. People can even have difficulty bathing, grooming, or carrying out everyday tasks like household chores. Like Mary, they are likely to lose interest in hobbies or activities they used to enjoy. Other symptoms not present with Mary include changes in appetite, suicidal thoughts, and agitation.

[Continue](#) →

- Expressing a desire to die
- Lack of hope

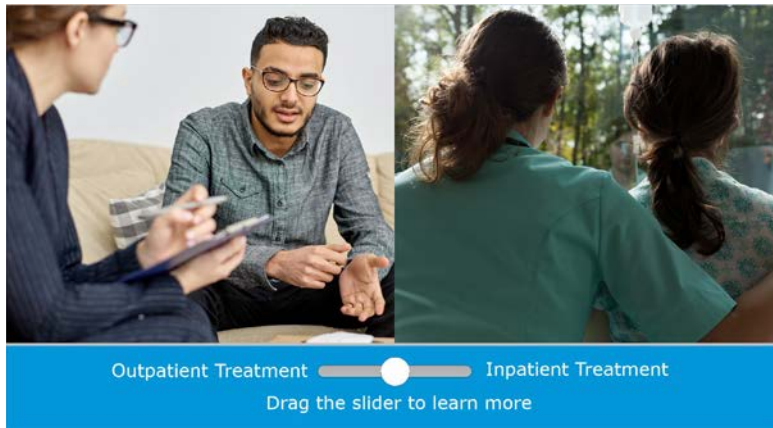
## 1.22 Diagnosing Depression



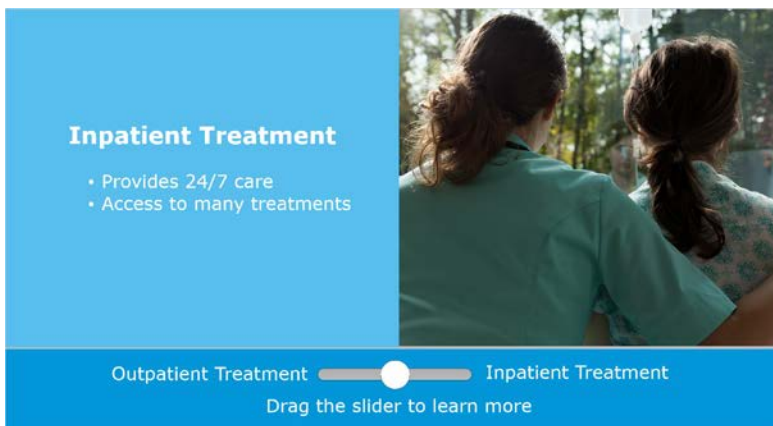
### 1.23 When Depression Takes Over...




### 1.24 Outpatient and Inpatient Care



#### Inpatient Treatment (Slide Layer)



## Outpatient Treatment (Slide Layer)



**Outpatient Treatment**

- Visit a treatment center or therapist's office

Outpatient Treatment  Inpatient Treatment  
Drag the slider to learn more

## 1.26 Types of Treatment



## Self Care (Slide Layer)



**Self Care**

Notes:

Self care might include:

- Meditation
- Cooking
- Journaling
- Visiting the dog park
- Exercise ✨

Self care activities can be used in addition to other treatments like therapy and medication.

✨ Maybe I can throw the ball around with John?

Self Care

Therapy

Medication

Peer Support

Hospitalization

## Therapy (Slide Layer)

**Therapy**

Notes:

A therapist:

- is non-judgmental
- provides a sounding board
- creates a safe space

People typically see their therapists weekly or every other week.

Self Care  
Therapy  
Medication  
Peer Support  
Hospitalization

## Medication (Slide Layer)

**Medication**

Notes:

Antidepressants help people achieve a balanced mood.

May have to try more than one to get the right fit!

If John starts taking these, I'll encourage him to follow up with Dr. Hernandez.

Self Care  
Therapy  
Medication  
Peer Support  
Hospitalization

## Peer Support Specialists (Slide Layer)

**Peer Support Specialists**

Notes:

People who have lived with depression and can offer support.

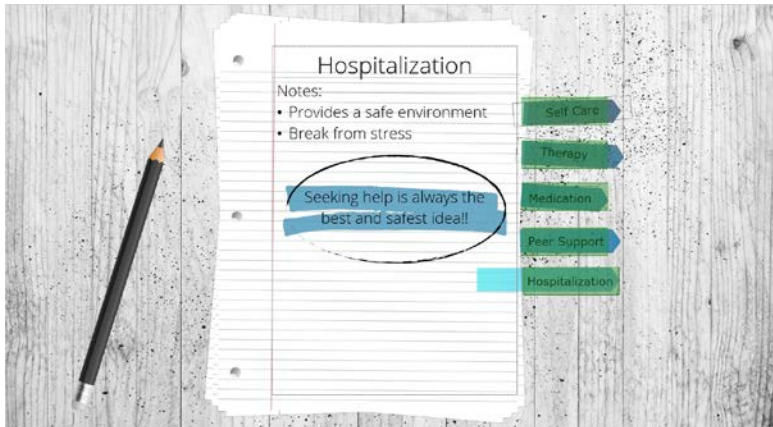
- If they improved, so can John.

I may want to talk to one myself to see if there's anything they recommend I do.

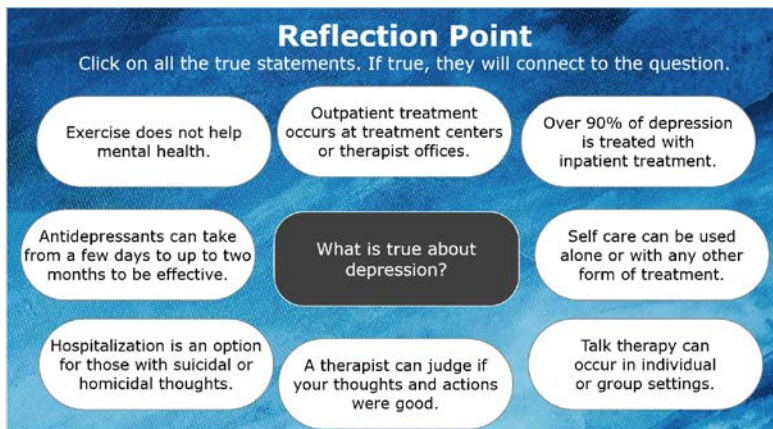
Self Care  
Therapy  
Medication  
Peer Support  
Hospitalization



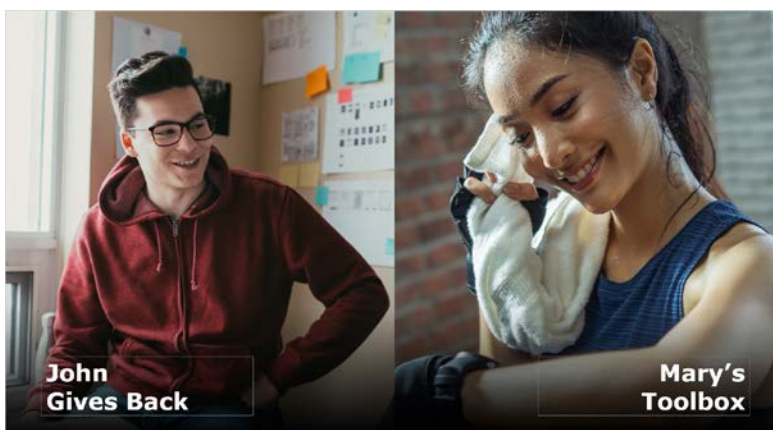
## Hospitalization (Slide Layer)



## 1.28 What Is True About Depression?



## 1.29 Strategies to Overcome Depression



## Give back (Slide Layer)



## Toolbox (Slide Layer)



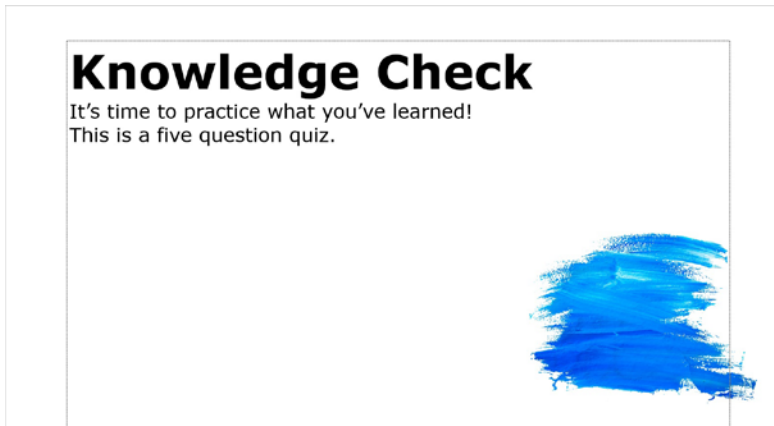
## 1.31 You Are Not Alone

**YOU ARE NOT ALONE**  
Visit [www.mentalhealthtx.org](http://www.mentalhealthtx.org)


Slide 25  
Accessible Version  
Narrated



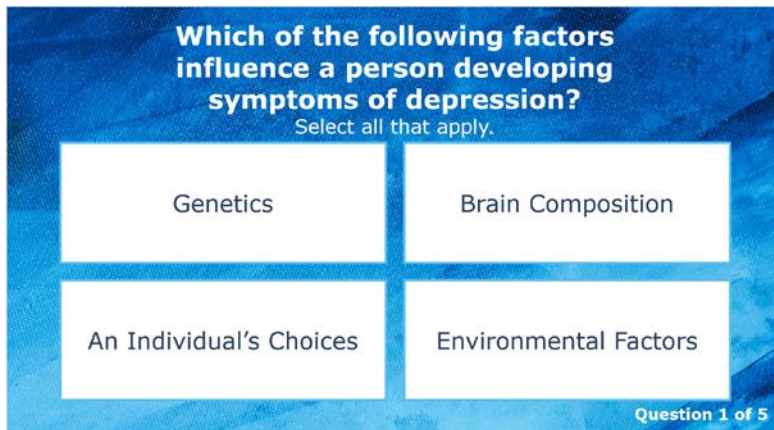
### 1.32 Knowledge Check Instructions



**Knowledge Check**  
It's time to practice what you've learned!  
This is a five question quiz.



### 1.33 Knowledge Check Question 1

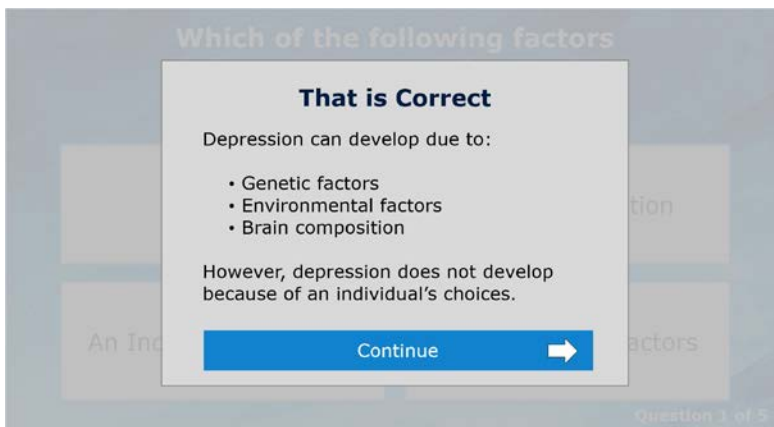


**Which of the following factors influence a person developing symptoms of depression?**  
Select all that apply.

Genetics	Brain Composition
An Individual's Choices	Environmental Factors

Question 1 of 5

### Correct (Slide Layer)




**That is Correct**

Depression can develop due to:

- Genetic factors
- Environmental factors
- Brain composition

However, depression does not develop because of an individual's choices.

Continue 

Question 1 of 5

### 1.35 Knowledge Check Question 2

**Why do self-care activities, like exercise, reading, or cooking, have a positive effect on those living with depression?**

Select all that apply.

Self care activities can provide a sense of accomplishment.	Doing activities alone allows those with depression to isolate from crowds which can be comforting.
Many self care activities are done in the company of others which can provide opportunities for connection.	Self care activities can provide the opportunity to connect with an activity that was once enjoyed.

Question 2 of 5

### Correct (Slide Layer)

**That is Correct**

Self care activities can:

- provide a sense of accomplishment
- give people the opportunity to experience activities they once enjoyed
- provide opportunities for connection with others

Continue →

Question 2 of 5

### 1.37 Knowledge Check Question 3

**How do negative misconceptions about depression affect people with the condition?**

Select all that apply.

Misconceptions can lead to people not recognizing the condition.	Misconceptions prevent those suffering from the condition from seeking help.
Misconceptions cause people to fear they will be seen as weak or broken.	Misconceptions cause people to blame themselves when their loved ones develop depression.

Question 3 of 5



## Correct (Slide Layer)

**That is Correct**

Misconceptions can cause all kinds of negative effects, including:

- Not recognizing the condition
- Causing people to fear they will be seen as weak or broken
- Preventing those suffering from the condition from seeking help
- Causing people to blame themselves when they or their loved ones develop depression

Continue →

Question 3 of 5

## 1.39 Knowledge Check Question 4

**Which of the following statements is true about inpatient and outpatient treatment?**

Both types of treatment are designed for those who show more severe symptoms and need constant medical supervision.

About 50% of depression is treated on an outpatient basis, while the other 50% is treated on an inpatient basis.

Inpatient treatment is generally best suited for those who have not shown significant progress from outpatient treatment.

Outpatient treatment takes place 24/7, while inpatient treatment occurs certain times of the week.

Question 4 of 5

## Correct (Slide Layer)

**That is Correct**

Outpatient treatment occurs during certain times of the week and is generally for those with less severe symptoms. Over 90% of depression is treated through outpatient treatment. Inpatient treatment, which takes place 24/7, is best suited for those who have not shown significant progress from outpatient treatment.

Continue →

Question 4 of 5

## 1.40 Knowledge Check Question 5

**You have a friend who has been diagnosed with depression. She took medication for a while, but she could not handle the side effects, so she is now pursuing no treatment options. What might you recommend to this friend?**

Select All That Apply

Remind her that there are many different options for medications, and sometimes it takes a little time to find the right fit.	Suggest she make an appointment to see her healthcare provider to talk about different treatment options available.	Encourage her to stick it out – it's likely that the side effects will go away with time.	Offer to pursue a self care activity with her, like exercising, volunteering, or visiting a local art center.
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Question 5 of 5

### Correct (Slide Layer)

**That is Correct**

You can help someone you care about find the right medication by encouraging them to follow up with their doctor, or by reminding them that there are many different options and they don't have to keep one certain medication. You can always also offer to join the person in an activity that helps them pursue their own self care. Though this isn't directly related to medication, it is a helpful form of treatment that requires no prescription or appointment.

[Click here to exit course](#) →

Question 5 of 5