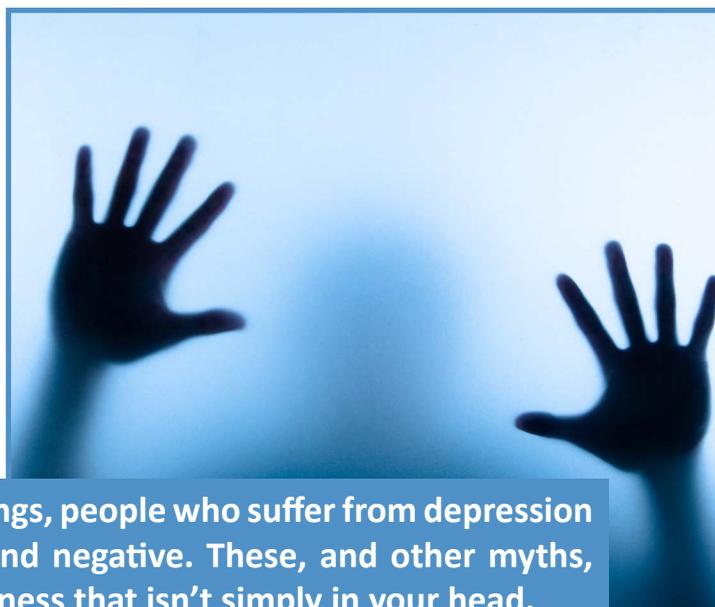


Myths about depression



Due to ignorance and misunderstandings, people who suffer from depression are often stigmatised as unreliable and negative. These, and other myths, create confusion about this serious illness that isn't simply in your head.

Just like with any other illness, depression makes you feel listless and unwell but, although most people don't have a problem telling others that they have a cold, many will think twice before mentioning depression, or any other mental illness.

That is because many myths surround depression, and sufferers are often scared of being judged.

Myths about depression

1. Depression is all in your head.

People who suffer from depression may hear things like, 'snap out of it' or they may be perceived as weak, sad, or negative. But depression is just like any other illness with actual symptoms that are caused by social, psychological, or biological factors. It won't necessarily go away by itself and sufferers may need medication and/or therapy to treat or manage it.

2. You get depressed because of sad situations.

You may get depressed when something bad happens to you, like when you lose your job or when a loved one passes away. However, depression isn't always caused by your circumstances. Depression has different causes and you may become depressed even when your life is going well. Chemical imbalances in your brain, your lifestyle, underlying illnesses, and many other factors may lead to depression.

3. Antidepressants will change your personality.

Antidepressants are formulated to treat chemical imbalances in your brain. Many people believe that this will alter your personality or switch off your emotions. However, that is not the aim of antidepressants. When they're effective, antidepressants should help you feel more like yourself. If they make you feel worse or different, speak to your doctor about other options.

4. All you need are antidepressants.

Although antidepressants can make a big difference in some cases, it's not always enough in others. For example, if your depression is caused by things that have happened to you, trauma, or other factors, psychotherapy may be the best treatment option. Doctors often recommend more than one treatment approach that may include both medication and therapy. If your current treatment plan is not working, your doctor will recommend other options.

5. Depression is a chronic condition.

Sometimes depression may be a chronic condition, which means that you may need long-term treatment. However, many sufferers can stop treatment once they improve.

If you think that you or a loved one may be suffering from depression, consult your Employee Wellness Programme or your doctor.