



## Managing Depression

*Adapted by Drew Ramsey, MD & Samantha Elkrief, LMSW for IMG Model Prep*

1 in 4 Americans has a diagnosable psychiatric illness such as depression, and as a set of medical conditions, they sap more from our families, communities and our country than any other illnesses.

Depression is a treatable medical illness. Evidence-based treatments that have shown to help include talk therapies and medications. Depression is also influenced by our lifestyle choices including diet, exercise and sleep.

An estimated 16 million American adults—almost 7% of the population—had at least one major depressive episode in the past year. People of all ages and all racial, ethnic, and socioeconomic backgrounds experience depression, but it does affect some groups of people more than others. Women are 70% more likely than men to experience depression, and young adults aged 18–25 are 60% more likely to have depression than people aged 50 or older.

### **Signs to Look Out For:**

Changes in sleep • Changes in appetite or weight • Difficulty concentrating or making decisions • Loss of energy • Loss of pleasure in things that were once enjoyable • Lack of interest • Hopelessness • Changes in movement • Physical aches and pains • Feelings of low self-worth, guilt or shortcomings • Suicidal thoughts or intentions

### **Depression IS Treatable.**

### **Resources:**

American Psychiatric Association provides resources for patients and families.  
[www.psychiatry.org/patients-families](http://www.psychiatry.org/patients-families)

NAMI and Mental Health America provide support groups and community around the U.S.  
[www.nami.org](http://www.nami.org)  
[www.mentalhealthamerica.net/finding-help](http://www.mentalhealthamerica.net/finding-help)

The JED Foundation's mission is to protect the emotional health of our youth and the Trevor Project specializes in assisting LGBTQ youth.  
[www.jedfoundation.org/mental-health-resource-center](http://www.jedfoundation.org/mental-health-resource-center)  
[www.thetrevorproject.org/get-help-now](http://www.thetrevorproject.org/get-help-now)

The National Suicide Prevention Hotline is 24/7, Free, and available to help with crisis interventions and questions.  
(Only 25% of callers are in Acute Suicidal Distress.)  
1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)