

DEPRESSION, A HIDDEN BURDEN

Let's recognize and deal with it



World Health
Organization

What do I need to know?

At least 350 million people live with depression, and it is the leading cause of disability worldwide. It affects not only the person with depression, but their loved ones too. Yet, many of us are in denial. Depression remains hidden – not treated or talked about.

Depression often starts at a young age and affects women more commonly than men. 1 or 2 mothers out of 10 have depression after childbirth. Depression also limits a mother's capacity to care for her child, and can seriously affect the child's growth and development.

Almost 1 million people take their own lives each year. For every person who commits suicide, there are 20 or more who make an attempt.

**SYMPTOMS OF DEPRESSION ARE PERSISTENT SADNESS, LOW ENERGY
AND DIFFICULTY IN FUNCTIONING NORMALLY**





RECOGNIZE DEPRESSION

GET HELP

BE HELPED

What can I do?

- Consult your doctor if you have symptoms of depression.
- Recognize depression among your family and friends and encourage them to seek help.
- Understand and support people with depression.

What is WHO doing?

The World Health Organization (WHO) works with health-care leaders to create options for managing and treating depression. Through its Mental Health Gap Action Programme (mhGAP), WHO and partners are supporting people affected by depression. Every country should have programmes in place to help people with mental health problems.

Depression is treatable,
but most people with depression do not receive the care
and support they need.

In fact, despite known effective treatments, the majority of affected people do not receive such treatment. In some countries, this is as low as one in 10. Lack of access to treatment and stigma associated with depression are major obstacles to people seeking help.

For more information: www.who.int/mental_health



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