

Meeting Minutes

Meeting: Major Depressive Disorder Awareness Meeting

Date: March 15, 2023

Time: 6:00 PM CST

Location: Virtual

Agenda:

Introductions

Presentation on Major Depressive Disorder (MDD)

Personal Testimony from Individual with MDD

Expert Presentation on Diagnosis and Treatment

Discussion and Q&A

Next Steps and Action Items

Adjournment

Minutes:

Introductions:

The virtual meeting began with a warm welcome to all participants.

Presentation on Major Depressive Disorder (MDD):

A presentation was delivered to provide an understanding of Major Depressive Disorder (MDD), including its symptoms, causes, and prevalence. The presenter aimed to raise awareness, reduce stigma, and promote understanding of the challenges faced by individuals with MDD.

Personal Testimony from Individual with MDD:

An individual living with MDD shared their personal experiences, offering valuable insights into their journey with depression. They discussed the impact of MDD on their daily life, coping mechanisms, and the importance of support from loved ones.

Expert Presentation on Diagnosis and Treatment:

An expert specializing in the diagnosis and treatment of MDD gave a comprehensive virtual presentation. They discussed the diagnostic criteria, assessment methods, and various evidence-based treatment options available for managing MDD. The emphasis was on promoting accessible mental health care and fostering a supportive environment.

Discussion and Q&A:

Participants engaged in an open discussion, sharing their thoughts, concerns, and asking questions related to MDD. The conversation covered topics such as self-care strategies, available support resources, and destigmatizing mental health. Participants also discussed the importance of empathy and understanding when interacting with individuals living with MDD.

Next Steps and Action Items:

- It was decided to organize an online awareness campaign to educate the community about MDD and promote mental health support.
- Participants volunteered to contribute to the creation of educational materials and resources to be shared online and through various platforms.
- Exploring collaborations with local mental health organizations and professionals to offer virtual workshops and support groups for individuals with MDD.
- Planning online community events and webinars to facilitate open conversations about mental health and encourage destigmatization.

Adjournment:

The virtual meeting adjourned with gratitude to all attendees for their active participation and commitment to raising awareness about Major Depressive Disorder.

Minutes recorded by Arnav Ghosh.