

References

NIMH

<https://www.nimh.nih.gov/health/publications/depression>

APA

<https://www.psychiatry.org/patients-families/depression>
VA/DoD Guideline

<https://www.healthquality.va.gov/guidelines/MH/mdd/ACP>
Guidelines

<https://www.acponline.org/clinical-information/guidelines>
NICE NG222

<https://www.nice.org.uk/guidance/ng222>
DSM-IV (NCBI)

<https://www.ncbi.nlm.nih.gov/books/NBK36406/table/ch1.t1/>



MENTAL HEALTH
MATTERS

Who Can Help / Quién

- Psychiatrist
- Primary Care
- Therapist

When to Get Help

If symptoms last more than 2 weeks or affect your life.

Call/Text 988 Suicide & Crisis Lifeline
Call 911

Text HOME to 741741

Miami-Dade Crisis Hotline (Local)
305-358-HELP (4357)



Major Depressive Disorder (MDD)



Understanding Depression & Getting Help



Depression is real, common, and treatable.
You are not alone.

Treatment: What Works

Therapy (First-Line)

- CBT (Cognitive Behavioural Therapy)
- Interpersonal Therapy
- Behavioral Activation

Medications:

- SSRIs
- SNRIs
- Bupropion
- Mirtazapine

Takes 4–8 weeks to work.

Toma 4–8 semanas para hacer efecto.

Daily Habits That Help

- Exercise
- Sleep routine
- Healthy eating
- Social support
- Stress management
- Avoid alcohol and drugs

How is Depression Diagnosed?

Depression may be present if 5 or more symptoms last at least 2 weeks:

- Sad or low mood
- Loss of interest
- Sleep problems
- Appetite or weight changes
- Low energy
- Guilt or worthlessness
- Poor concentration
- Slow or restless movement
- Thoughts of death

Must include:

Depressed mood

Loss of interest

Must affect daily life.

At least one symptom must be:

Depressed mood

Loss of interest

WHAT IS DEPRESSION?

What is Depression?

Major Depressive Disorder (MDD) is a mood disorder characterized by persistent low mood or loss of interest, lasting at least two weeks, and associated with changes in sleep, appetite, energy, and concentration that affect daily functioning.

It is more than temporary sadness. It can interfere with work, relationships, and overall quality of life.

