

DEPRESSION 101

"Depression is a medical disorder that affects your feelings, thoughts behaviors and physical health."

THE FACTS

3
types of
depression

major
depression

combination of symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy once-pleasurable activities.

dysthymia

chronic depression in which moods are regularly low, yet symptoms are less severe.

bipolar
disorder

there are several types of this disorder, where moods alternate between depressive and manic episodes.



1 in 13 people are depressed in NYC.

ONLY **1/2** the population will actually seek help!

50%
of suicides
are committed
by men ages
25-54



many men tend to fail to recognize or acknowledge their depression

women
experience
depression

2x

as often
as men



1 in 8 women
develop depression
in their lives

30,000
depression is the principal cause of the 30,000 suicides in the U.S. each year.



more than **430,000** New Yorkers suffer from depression, could you be one of them?

For More Information visit: depressioneducationnyc.weebly.com

sources

www.mayoclinic.com/health/depression
www.webmd.com/depression/guide/depression-types
www.aboutdepressionfacts.com/

