

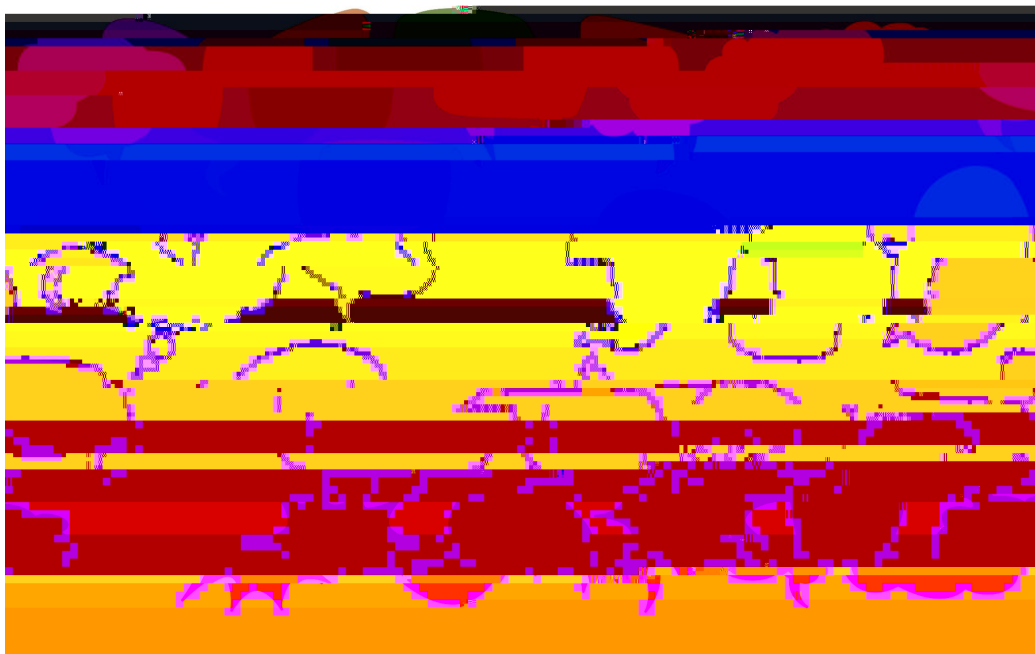
The Struggle Is Real

Week 1: **Understanding Depression**
" >1?: @0. E ° % , ' ° ; A: ?1\$ 3%1>B51?



Introductions:

%4- >1 E; A>: - 9 1 <> ; ; A: ? E1- > ° % , ' 9 - 6 >
" 8 - ? 1 ? 4 - > 1 - 4 5 4 - : 0 8 C 2 ; 9 E; A>. > 1 - 7





Causes of Depression

" 1<>1??5 : 0; 1?: ; @4- B1 - ?5 38 /-A?1 f@/-: . 1 @531>10. E - 851
/>55 <4E?5- 858 1?? ; >; @41>851 1D<1>5: /1 ; >5@/-: ; //A>
?<; : @: 1; A?8

(- >5 A? 2 /@ >? /-: /; : @5 A@ @ 01<>1??5 : 5 /8A05 3@- A9 - 31: 1@5?
851 /5/A9 ?@: /1? 5 /8A05 3?@A/@> 8; <<>1??5 : ? ; @41>9 105- 8
/; : 055 : ? - : 00>A3-: 0- 8; 4; 89 5A?1

&41 3; ; 0: 1C? **Depression is treatable** -: 0@41 ?758 @- @C1 C58
<> /@51A 1 C1.1 A ; 1>1A51 @415 : @?0581



How Do You Tell The Difference?

Sadness:

~ : ; >9 - 8 < - 5 2A8 > 1? < ; : ? 1 @ / 4 - 8 1 : 35 3 8 2 1 B 1 : @
' ? A - 8 8 < - ?? 1 ? C 4 1 : @ 1 1 B 1 : @ < - ?? 1 ?
% 9 1 @ 4 5 3 C 1 - 8 1 D < 1 > 5 : / 1 - @ ? ; 9 1 < ; 5 @

Depression:

Ž - E ; >9 - E : ; @ 5 / 8 A 0 1 2 1 8 5 3 ? ; 2 ? - 0 : 1 ? ?
" 1 > 5 @ 9 ; ? @ 2 @ 1 @ 9 1
fi / 8 A 0 1 ? - / 8 ? @ > ; 2 ? E 9 < @ 9 ?
Ž - E ; >9 - E : ; @ 1 @ 5 3 3 1 > 1 0 . E - < - 5 2 A 8 1 D < 1 > 5 : / 1 ? ; - < 1 > ? ; : 9 5 4 @ ; @ 5 1 : @ 5 E
- > 1 - ? ; : 2 > ? E 9 < @ 9 ?

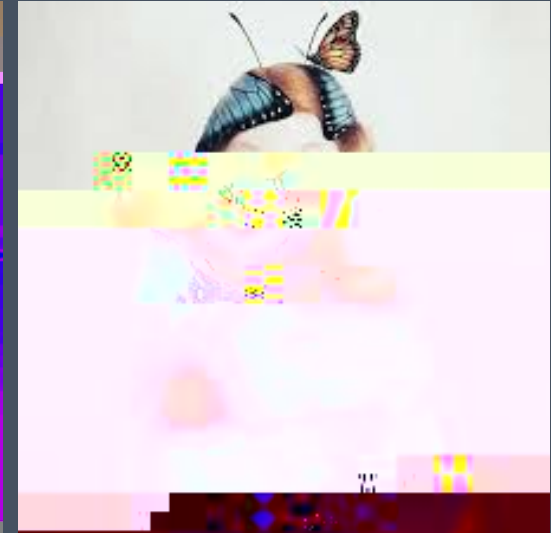
Question: Do you have different needs when you are sad vs depressed? What emotions do you have when you are depressed if not sadness?

Common Symptoms of Depression

%12/>5559
" 5 5A8E ° ; /1: @ 3
†; C 9 ; ; 0; ><1>5@: @?-0: 1??
~ - 3A1; >8 C 1: 1>3E
) 540> C 5 32; 9 25: 0? 2 9 5 ; ><1@
%A55-8@; A34@; ><>1; //A<- 3: C 54 01-@
° >E 5 3?<18
%A551 - @19 <@
° 4-: 31? @ ?1D0>B1
" ; ; >4E35: 1
~ : 31>; >5>5@. 55E
%129 105- 3 C 54 - 8; 4; 8 >0>A3?
° 4-: 31? @ 1- 3; >C154@

) ; >E - . ; A@; 9 1@45 3-C 2A84- <<1: 5 3
| A5E
° 4-: 31? 5 - <<1@
' : 1D<8 5 10- /41? -: 0 <- 5?
ž A9 . : 1??; >218 3?; 219 <3 1??
° 4-: 31? 5 ?81<
| - ?@; 5 @?3 - 8<> . 89?
" 4E?5- 8>1?@??: 1??; >8@- >3E
/ 1-B5 1?? 5 @1 . ; OE
/ ; <18??: 1??
~ 1->; 2>16/3:
†; ??; 2<8-?A>1 2 >@1 @45 3?E; AA?10@
1: 6 E
fi - . 55E @ 9 - 71 01/55: ?

Butterfly Hug for Self-Soothing



Additional Resources

CBT apps) E?- ° ' &&4; A34@' 5 >E Ž 5 0" ; / +; A>
° ; 9 <-: 5:) 4- @?' < Ž ; ; 0& ; 8 ° - 8 %45 1 / - <<5E

Counseling groups @4> A34; A@1B1>E C 117

Pioneers for HOPE ?A<<; >@C 5@ 2 ; 0-: 0 4; A?5 3
<5: 11>?2 >4; <1

~; 8 C A?; : Instagram @eastbayshcs

Downloadable slides and group handouts



Check Out

&45 7 - . ; A@C4- @?7588 E; A 9 34@C-: @@ <> /@1 2; 9
4; 9 1 @43 C117

%@ >@@

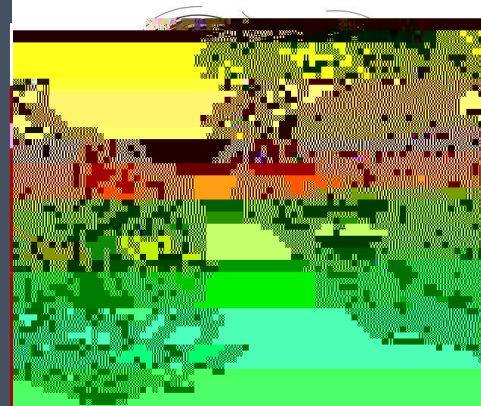
-? >18 @10 @ 01<>1??5:

@- @01<>1??5: @88 A?

1D1>/31

ž 1D@C117C1C58<> /@1 5 @>A<@ 3 @43 /E/8 ~? -
>19 5 01> @43 3- C117 3; A<) 1178 - @1: 0-: /1 3
1D<1/@0-? @41 ?7588 C58 A58; : 1- /4; @41> %11 E; A: 1D@
C117

VALL



Thank you

