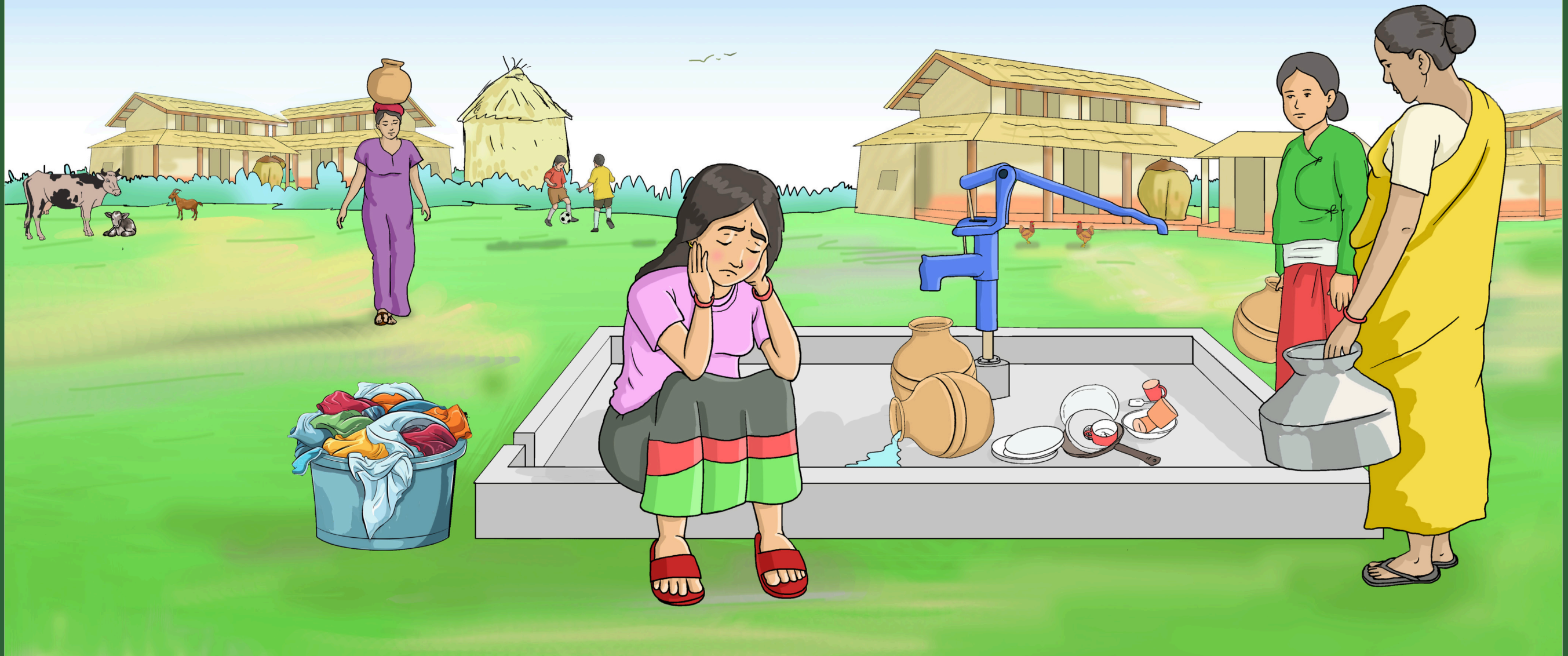


# उदासीनताबारे जानकारी

## Information about Depression



Flip Chart for Female Community Health Volunteer









# Instructions to Female Community Health Volunteers for essential preparations before using this Flip Chart on Depression

This flip chart has been prepared for Female Community Health Volunteer with the aim of discussing about depression among individuals and their family members, for raising awareness and for encouraging them to seek treatment.

- Before starting the program, go through the instructions and contents of this Flip Chart carefully.
- Before starting the program, inform the concerned person and family members about the objectives of the program.
- Inform in advance that it will take 45 minutes to 1 hour for the program.
- Always start from the first page while using this flip chart.
- Focus on only one picture at a time. Then gradually explain others in sequence. While doing so, use simple words in the local language as much as possible.
- Present the part of the flipchart with colored picture towards the participants and discuss the contents mentioned on the other side.
- Before moving on to next topic, briefly revise the subject matter.

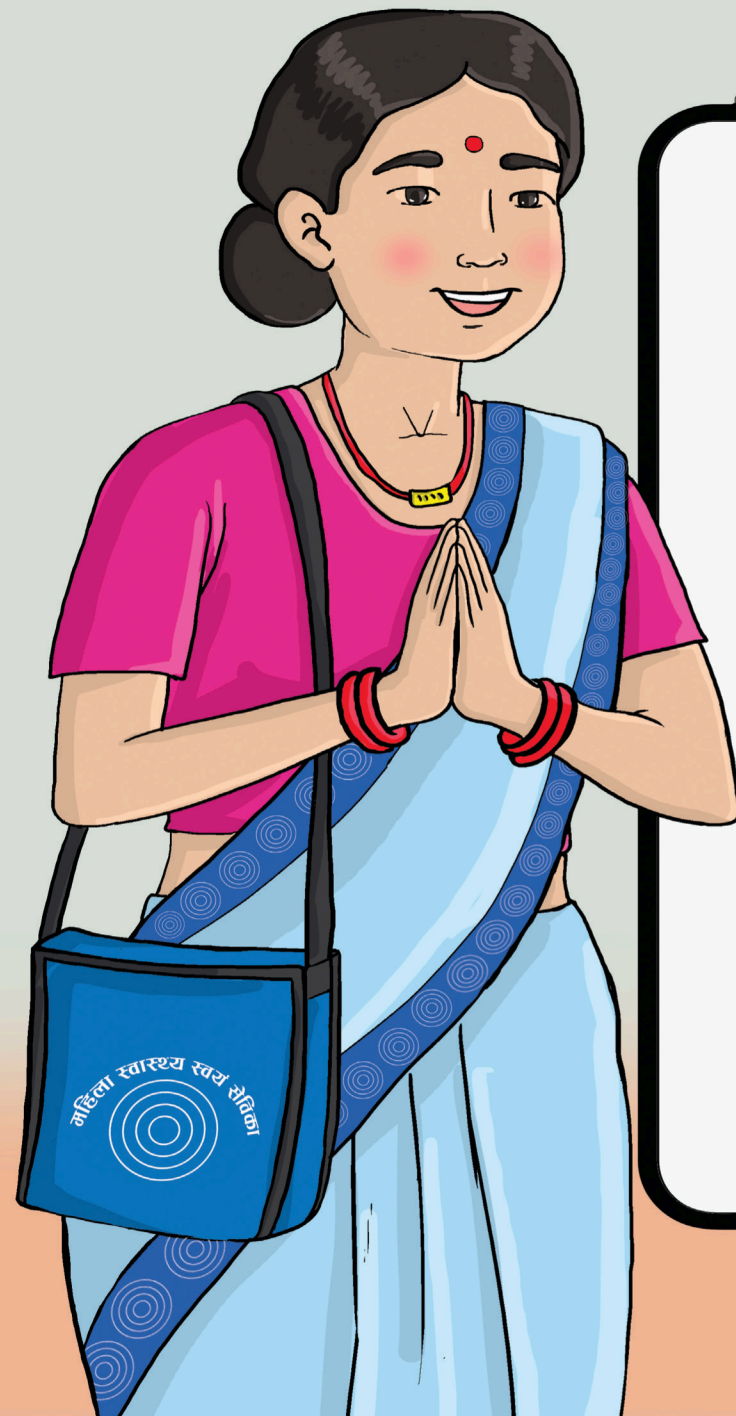


This Flip Chart will help to conduct awareness programs on Depression, its management and prevention, especially in places and environment where digital means (projectors, computers, etc.) are not available for presentation.

**Essential preparations to be made by the facilitator before organizing the program**

- Make sure in advance, the day, time and place of the event in consultation with the participant and his or her family members.
- Arrange in advance the study and reference materials required for the conduction of the program.
- Consult experts or those with prior experience if there is any query or requirement of further information.





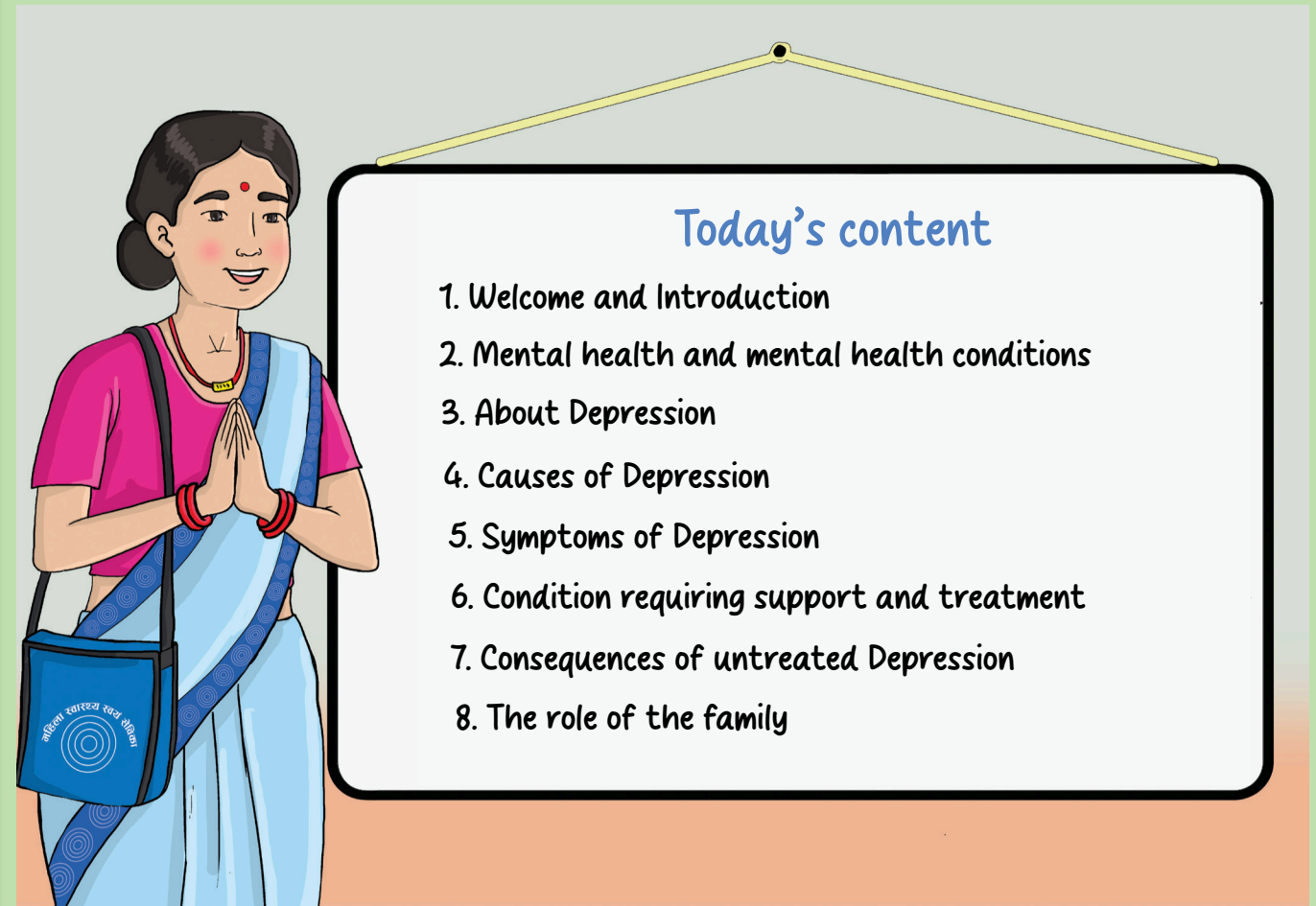
## Today's content

1. Welcome and Introduction
2. Mental health and mental health conditions
3. About Depression
4. Causes of Depression
5. Symptoms of Depression
6. Condition requiring support and treatment
7. Consequences of untreated Depression
8. The role of the family



# Welcome and Introduction

- Greet and welcome the participants
- Express your gratitude to participants for dedicating their time for the program despite their busy schedule.
- Introduce yourself and request the participants to introduce themselves.
- Provide information about the following objectives of the program:
  - To gain information about mental health and mental health conditions
  - To understand about depression
  - To be able to identify causes and symptoms of depression
  - To understand when help and treatment is necessary
  - To gain information about consequences of untreated depression
  - To receive information about the role of family





# Mental Health and Mental Health Condition





# Mental Health and Mental Health Condition

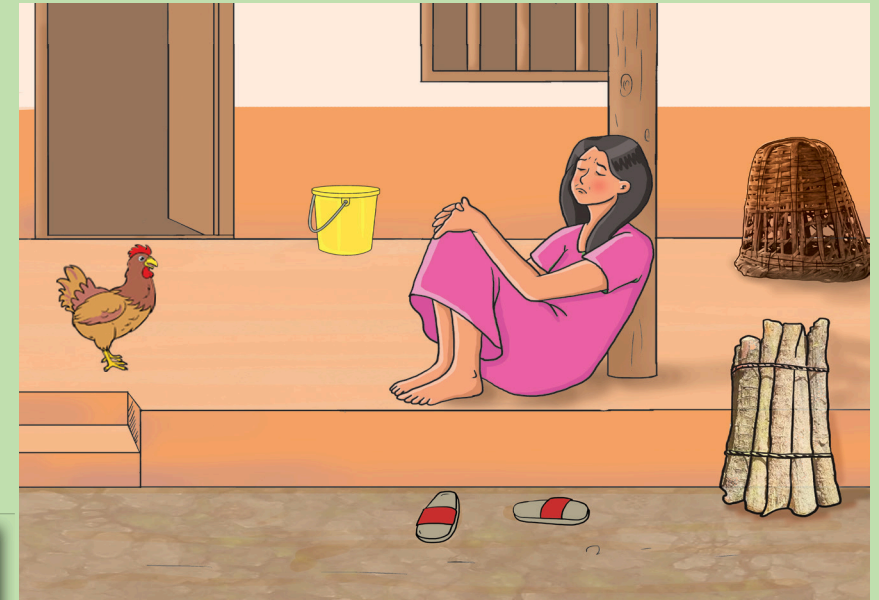
Mental health refers to a state of mental well-being where a person is able to:

- cope with life's stresses
- realize their potential
- work effectively and productively and
- contribute to their community

A mentally healthy person can manage difficult life situations, maintain sound relationships with others and adapt themselves according to time and needs.

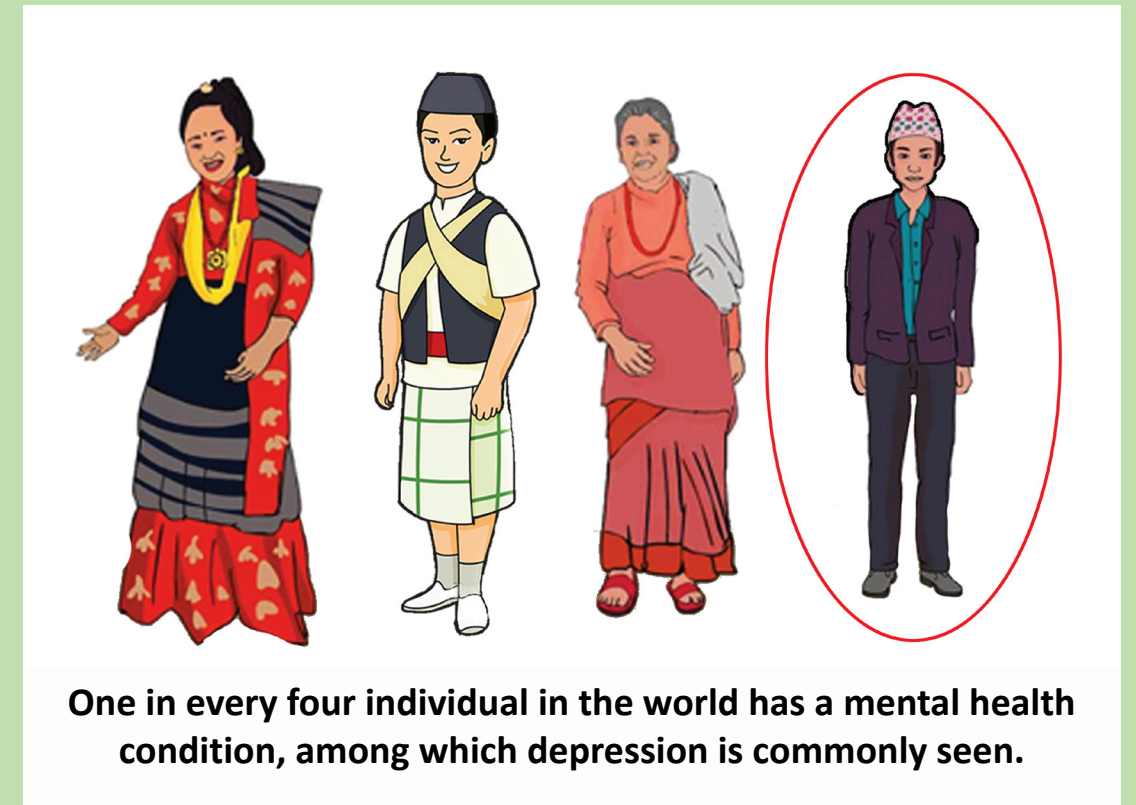
We all experience stress in our daily life. But when we are not able to manage stress appropriately and stress level builds up, it can turn into mental health condition. Mental health conditions affect a person's thoughts, feelings and behavior. Mental health conditions also negatively affect a person's ability to perform daily tasks and relationships with others.

*"Mental health is called the health of the heart - mind ( Mann ko swastha ) and mental health conditions are also called the problems of the heart - mind ( Mann ko samasya )."*



Encourage participants to ask questions if they have any.

# About Depression



**One in every four individual in the world has a mental health condition, among which depression is commonly seen.**



# About Depression



“Depression” is a common mental health condition.

If someone is feeling sad or low, losing interest in activities, experiencing a decline in self-esteem, facing disturbances in sleep or diet, and experiencing reduced concentration, energy, or physical strength, they may be suffering from Depression.

## How to know if you have Depression?

- If you experience the above symptoms for a long time (more than two weeks) and
- If it affects your daily activities/routines.

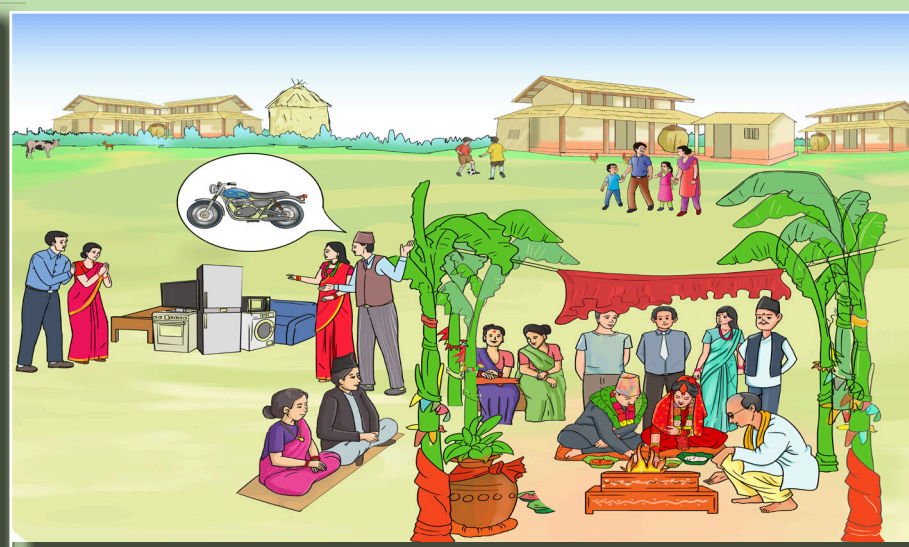
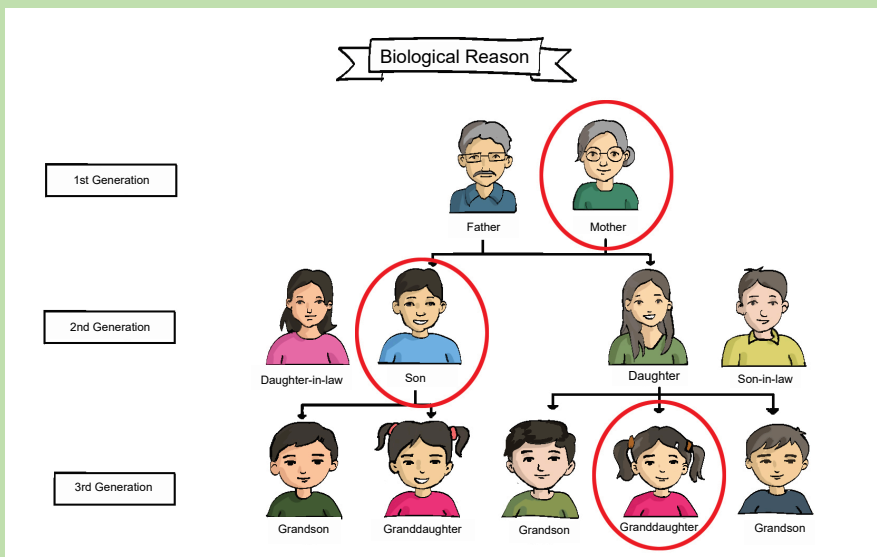


One in every four individual in the world has a mental health condition, among which depression is commonly seen.

Globally, one in every four individuals experiences some form of mental health condition at some point in their lives, and depression is the most often seen or experienced mental health condition. This problem can affect anyone, regardless of age group, gender, religion, ethnicity, profession, educational background, or health condition.

Encourage participants to ask questions if they have any.

# Causes of Depression





# Causes of Depression

Depression can arise from various causes which may differ from person to person. Biological (genetic, physical), psychological (traumatic life experiences, loss of loved ones etc.), and social factors (poverty, unemployment) all play a role in contributing to depression.

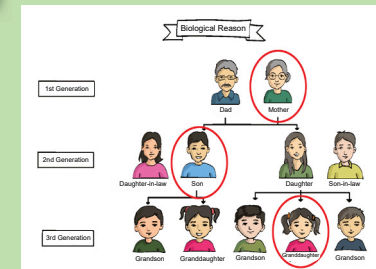


Causes of Depression



## Some causes of Depression are:

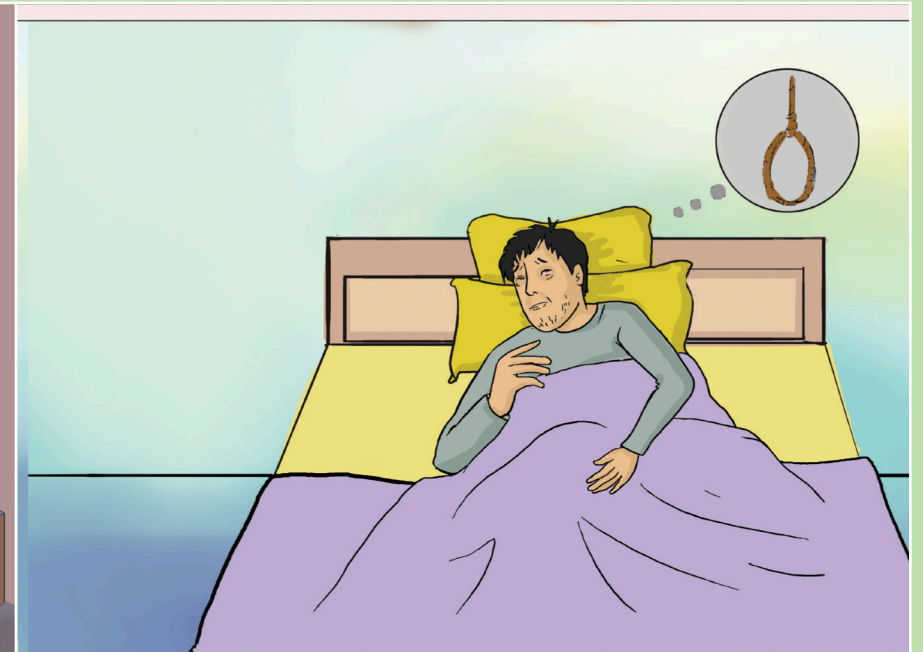
- **Genetic Factors:** Depression can be hereditary. For instance, if one of the parents has experienced depression, their children may also develop it. However, depression can also occur in individuals without any family history of such condition
- **Traumatic Life Events:** Situations such as natural disasters (floods, landslides, earthquakes), pandemics, violence/abuse, or adverse childhood experiences
- **Academic Stress:** Stress caused by failing exams or not achieving expected results
- **Family Stress:** Family disputes / conflicts, or strained relationships
- **Substance Abuse:** Excessive use of alcohol or other drugs



- **Social Factors:** Experiences of disrespect, discrimination, untouchability, poor relationships with others, or lack of access to essential services
- **Economic Stress:** Poor financial conditions or poverty, failures in business, unemployment, or loss of job
- **Chronic Illness:** Prolonged suffering from severe illnesses (such as cancer, heart disease, diabetes, or respiratory diseases)

Encourage participants to ask questions if they have any.

# Symptoms of Depression





# Symptoms of Depression

Individuals with depression often exhibit signs such as persistent sadness, lack of willingness to work, decreased interest in previously pleasurable activities. However, not all individuals with depression display all these symptoms. Some may experience only a few symptoms, while others might show many.



Like:

- Feeling hopeless or worthless
- Experiencing guilt or helplessness
- Irritability, quick temper, restlessness, or being anxious
- Altered appetite
- Disturbances in sleep
- Reduced energy or constant fatigue
- Decreased ability to concentrate or make decisions
- Ideas or thoughts about self harm

Besides these, individuals with depression in our community may also experience:

- Unexplained physical pain in various body parts (e.g., headaches, stomach aches)
- Weight loss
- A sense of heaviness in the head
- Digestive problems or gastric issues without apparent reasons
- Tingling sensation, numbness, muscle cramps, burning sensations on hands and feet
- Loss of interest in conversations or work, poor self-esteem, or a loss of self-confidence etc.

Read out the following message mandatorily:

You can contact any health facilities in the community for the treatment of Depression.

Encourage participants to ask questions if they have any.

# Condition requiring support and treatment

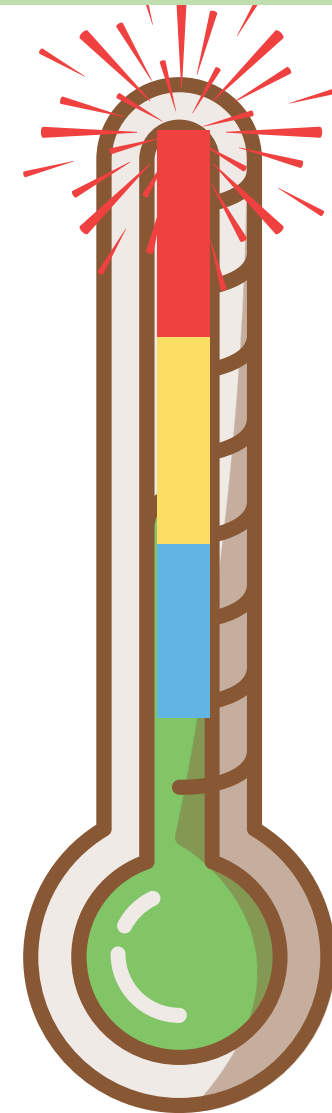


When multiple symptoms of depression occur simultaneously for a long time, negatively impacting daily activities and leading to thoughts of self-harm or harm to others.

When many symptoms of depression begin to affect daily activities, along with experiencing fatigue, lack of willingness to work, or a sense of hopelessness.

When early signs of depression appear for a short duration, such as a heaviness in the head, inability to sleep, loss of appetite, or isolating oneself.

When no symptom(s) of depression are present.  
(Healthy state)



**The red and yellow zone indicate conditions requiring support and treatment.**



# Condition requiring support and treatment

To clearly explain when the support and treatment for depression is essential, discuss using the thermometer illustration provided below. In the illustration, the thermometer is divided into four zone: green, blue, yellow, and red.

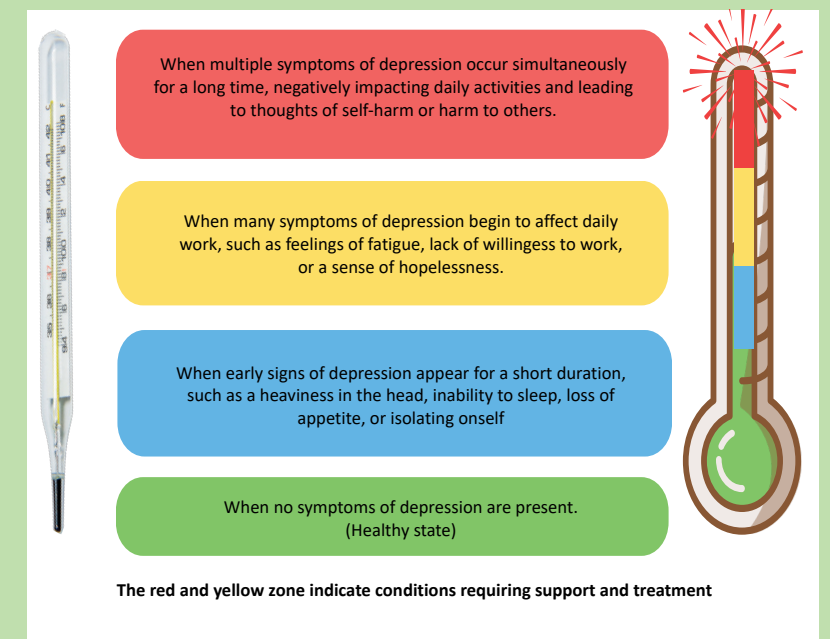
Many of us are affected mentally and emotionally by some stressful situations, which impact our daily routine. These color codes help to explain the impact of the problem and indicate situations requiring support.

**Green zone:** Represents state of good health, where we are physically and mentally fit and capable of performing daily tasks effectively and productively. (This is a normal state)

**Blue zone:** In this state, we are able to manage stress well and it does not affect our daily work much. (Support may not be needed in this state)

**Yellow zone:** When we reach this state, we are finding it difficult to cope with stress and it is also starting to affect our daily work. It can also make our daily routine and work difficult. (In this state, we may need help or treatment.)

**Red zone:** In this state, the problems are negatively affecting our daily activities indicating that we are unable to cope with our problem. (In this state, we recommend treatment and support)



**Read out the following message mandatorily:**  
You can contact any health facilities of the community for the treatment of Depression.

Encourage participants to ask questions if they have any.

# Consequences of untreated Depression





# Consequences of untreated Depression

Read aloud the following message mandatorily to the participants.

Depression is a treatable condition. Approximately 70% of people who receive treatment recover from this condition. However, delay in treatment can lead to more severe symptoms and conditions can be more serious. When left untreated, it can affect not only the person suffering from depression but also their family and the people around them indirectly.

- May affect daily activities and reduce the ability to perform routine activities
- Treatment may take a long time and can be expensive
- May require assistance from others for daily activities and care
- Caregivers may experience a lot of stress and emotional burden
- Life may feel worthless and may experience increasing hopelessness about life
- Thoughts or attempt at self-harm

Other effects:

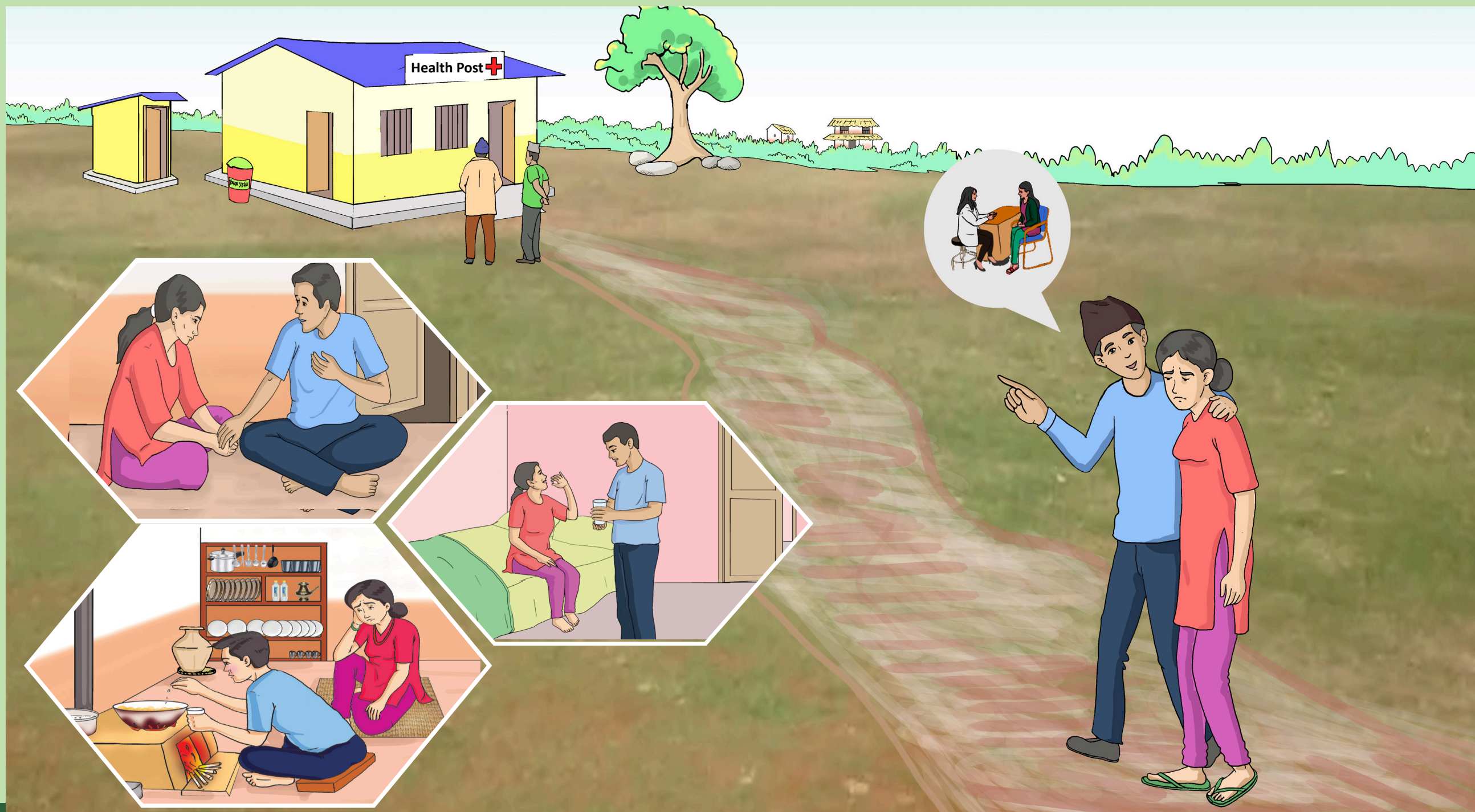
- Medication and psychological services may not work as intended
- There may be possibility of developing other conditions (like anxiety disorders, drug addiction, and other physical health problems)
- Can affect relationships with family, friends, and colleagues (relationships may deteriorate)



**"Don't panic if you notice symptoms of Depression. This condition is treatable. You can seek advice and information for treatment by visiting your nearest health facility."**

**Encourage participants to ask questions if they have any.**

# Role of family in helping people with Depression



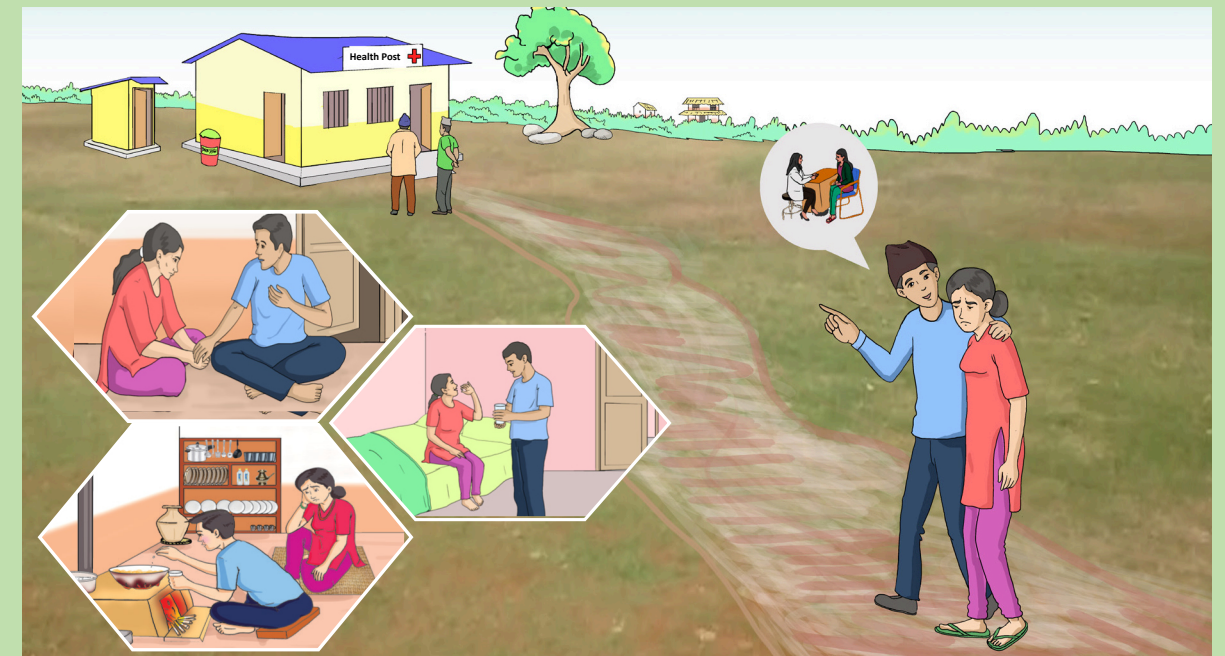


# Role of family in helping people with depression

Family members can help people with depression by doing the following activities:

Major roles:

- Having open conversations about depression
- Identifying the symptoms of depression
- Encouraging them to seek help and treatment
- Encouraging continuation of treatment as prescribed by healthcare providers
- Supporting in medication adherence and regular follow-ups
- Accompanying them to health facilities or hospitals



Other roles:

- Helping service providers understand the problems of the individual living with depression
- Supporting them by monitoring changes, during the course of treatment

**Read out the following message mandatorily:**

You can contact any health facilities of the community for the treatment of Depression.

**Encourage participants to ask if they have any.**



**Depression is a treatable condition.  
Therefore, it is important to seek help before it becomes complicated.**



# Summary/ Key Message

Depression is the most common mental health condition affecting people. A person can recover from this condition if treated on time. So it's important to seek help before it becomes complicated. The illustration using thermometer can be used to easily understand when to seek help. If you are in the yellow or red zone of the thermometer, you may need treatment and support. For this, family members can play a role in identifying early symptoms and providing essential support for treatment.

**You can contact your nearest health facility for help and treatment.**

# उदासीनता बारे जानकारी Information about Depression

Supportive Flip Chart for Female Community Health Volunteers

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