

BREAKING DOWN
THE MYTHS ABOUT
DEPRESSION



Keep Going: You are not Alone

MYTH

Depression is not an illness.



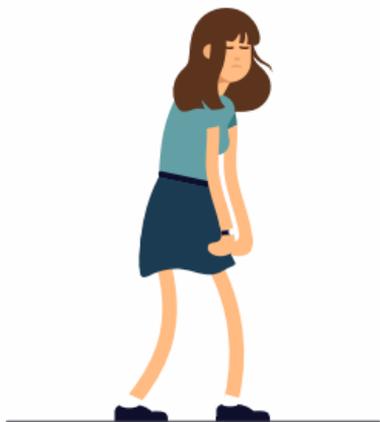
FACT

Depression can be a serious illness. It affects not only an individual's mood and thoughts, but also involves physical health.



MYTH

Depression is a sign of personal weakness.



FACT

Depression is a real illness.



MYTH

Children cannot get depression.



FACT

Depression can develop in any age group and gender.



MYTH

Depression is normal with aging.



FACT

Depression is not a part of normal aging. However, elderly people experience more life events leading to depression.



MYTH

Once depressed, a person remains depressed throughout life.



FACT

Depression lasts for a limited period. Adequate treatment can bring back the person to a normal life.



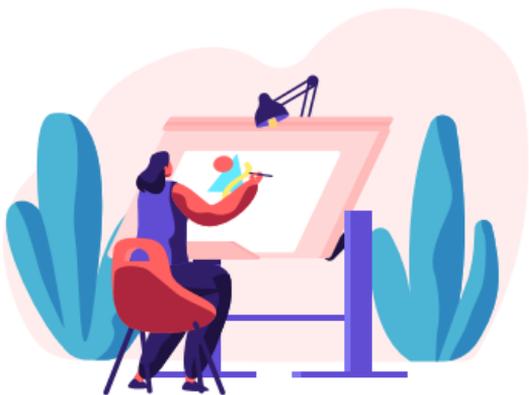
MYTH

It is possible to fight against depression with one's own will.



FACT

Willpower alone is not enough. Patients should also learn new skills to fight against it.



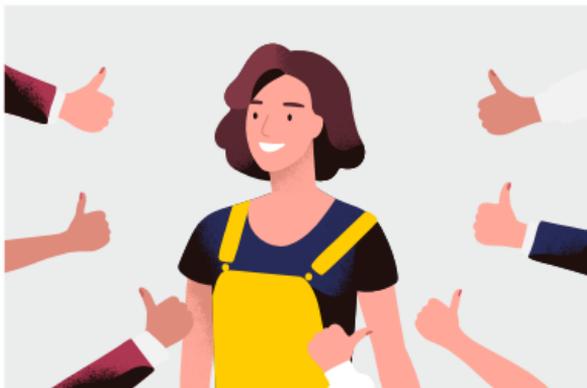
MYTH

Depression cannot be cured.



FACT

Depression is treatable. Most of the patients are effectively treated with medication and psychotherapy.



MYTH

Drugs used for treating depression are addictive.



FACT

Drugs used for treating depression are not addictive. They can be stopped after the symptoms of depression are resolved.



MYTH

When a depressed person expresses suicidal ideas, he/she does not mean to act upon them.



FACT

Suicide is a major risk if a person is severely depressed.



MYTH

If you have everything in life, all material comforts, you cannot suffer from depression.



FACT

Depression can affect people across all socioeconomic levels. Many rich and famous people have been known to have suffered from depression.



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**Depression
Free India**

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