

Myths and Facts About Depression

People's ideas about depression have changed over the years. New technology and new research show that depression is a disease, just like asthma or heart failure. Here are some myths and facts about depression.

Myth

"Depression isn't real."

"It's something in your head."

"It's being lazy."

"Depression always will get better by itself."

"Treatment doesn't really work."

"You usually can wait it out."

"Children cannot get depression."

"Depression only happens if something bad happens to you. For example, you only get it after a bad divorce or losing your job."

"If you can't get over depression, you're weak."

"Only people who are very depressed or think about suicide need medicine."

Fact

Depression is a disease of the brain. Experts believe that certain brain chemicals go out of balance to cause the disease. No one thing causes this. Many things, including your genes, stressful events, illness, and medicines, can cause the imbalance.

A few people get over depression on their own, but most people need treatment. Most people with depression can be treated, and they return to their work and home routines. Without treatment, depression can last for months or even years.

Depression can develop in any age group, ethnic group, economic group, and gender.

Depression may start after something bad happens, but other things also may trigger it. Medicines, hormone problems, childbirth, and using alcohol and drugs all can trigger depression. Sometimes it happens for no clear reason.

Depression is a disease. It is a problem with your brain chemistry, not your character. You can't force yourself to get over it any more than you can make asthma or a heart attack go away.

Many people with depression are helped by medicine. Medicine can improve or get rid of the symptoms of depression.

Help is available. For additional information, visit [MagellanHealth.com/MYMH](https://www.MagellanHealth.com/MYMH)