



BREAKING THE STIGMA: Understanding and Treating Depression

Special Event: World Suicide Prevention Day

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS TALK:

Depression is the leading cause of disability worldwide and is a common mental health condition that affects many people.

When a person is struggling with depression it can have a negative impact on their personal and professional life and on their overall well-being. However, depression is also a treatable condition, and with the right support and resources, this condition can be overcome.

ATTENDEES OF THIS TALK WILL LEARN:

- What is mental health and what is mental illness?
- Signs and symptoms of stress and burnout
- Symptoms of clinical depression and how is it different from sadness
- Risk factors that increase the likelihood of developing depression
- How to support someone who is struggling with depression
- Evidence-based treatments and strategies for prevention of depression

