

Youth & Family Counseling Facts about Depression

- Clinical depression affects more than 19 million Americans yearly.
- Depression can affect anyone no matter what the age, gender, race, ethnicity, or health situation.
- Less than half of those suffering from depression seek treatment.
- Many of those suffering from depression believe it is not serious, they can get better without treatment or that it is a personal weakness.
- 80% of all people with Major Depression show significant improvement after treatment.
- Major Depression is the leading cause of disability in the U.S. population for ages 15-44.
- Depression is twice as likely in women than men.
- Depression can have biological and environmental factors in its development.
- Depression can lead to higher risk of medical issues such as heart disease, substance abuse and suicide.
- Left untreated, depression can lead to school failure, family conflicts, relationship difficulties, job loss or absenteeism, violence, drug abuse, suicide and can add to the financial burden of families, communities and our health care system.
- The difference between the blues and depression can be characterized by intensity, duration and functioning.