Myths and Realities about Depression in Later Life

☐ True    ☐ False
Depression only develops when someone has had a major traumatic experience in life, such as the death of a spouse or a heart attack.
Answer – False
- **Myth** - Depression occurs only when people experience major trauma in life.
- **Reality** - Depression is a commonly occurring mental health condition that may arise due to a variety of factors, including genetic influences, body changes, life stresses or other influences.

☐ True    ☐ False
Individuals dealing with depression usually can overcome it if they just work to cheer themselves up or pull themselves up by their bootstraps.
Answer – False
- **Myth** - Depression can be overcome simply by telling yourself to feel better or pulling yourself up alone.
- **Reality** - Depression is a complex medical and mental health condition that typically improves with a variety of approaches, which may include therapeutic support, social support, exercise, diet, rest and medication.

☐ True    ☐ False
Seeking assistance from a doctor or mental health professional for depression is a sign of inability to handle your problems or personal weakness.
Answer – False
- **Myth** – Individuals dealing with depression are emotionally weak or unstable and seeking help is a sign of weakness.
- **Reality** - Depression is a condition that anyone can experience. Seeking assistance from competent professionals often is necessary and signals wisdom, understanding and strength.