

Major Depressive Disorder

Myths vs. Facts



Myth: Treatment for depression is mostly ineffective, so why bother?



Fact: Behavioral therapy, like counseling and medication, can successfully treat depression.



Myth: Depression is not a real medical condition.



Fact: Depression is a real and serious medical condition. It's no different than diabetes or heart disease in how it impacts people's lives.



Myth: Depression is something that strong people can snap out of by thinking positively.



Fact: Strong will does not prevent depression. Depression is a medical condition that anyone can experience.



Myth: It's normal to be depressed when you get older.



Fact: The good news is that most older adults are not depressed. It is not a normal part of aging.



Myth: Depression will just go away on its own.



Fact: Without treatment, symptoms of depression can continue for weeks, months, or years. The good news is that people can get better with treatment!