

POSSIBLE CAUSES OF ANXIETY & DEPRESSION

- Genetics
- Family history
- Brain chemistry
- Neurotransmitter imbalances
- Stressful life events
- Loss
- Trauma
- Chronic illness
- Medical conditions
- Medication side effects
- Substance abuse
- Addiction
- Hormonal changes
- Social isolation
- Lack of support network
- Pessimism
- Perfectionism
- Low self-esteem or self-efficacy
- Social media exposure
- Poor sleep habits
- Chronic illness
- Chronic stress
- Relationship friction

Remember...

Be compassionate, even when others are not. Demonstrating unconditional respect can make someone feel truly valued as a human being. Anxiety and depression affect mood and clear thinking, so someone not engaging in services or being unkind may not mean to inconvenience you or ruin your day. Additionally, anxiety and depression may trigger physical symptoms, which can become a barrier to full participation. Despite these obstacles, let's gently empower and support our clients to keep trying.



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ANXIETY & DEPRESSION CARE TECHNIQUES AND CONSIDERATIONS

Depression

Depression is a mood disorder characterized by persistent feelings of sadness, hopelessness, and loss of interest or pleasure in activities.

Anxiety

Anxiety is a condition characterized by excessive apprehensiveness about real or perceived threat.



Education about depression and anxiety can be critical for individuals working in important, life-saving fields such as healthcare.

PREVALENCE IN THE UNITED STATES

Anxiety disorders are the most common mental illness, impacting around 19% of the population.

Generalized anxiety disorder is the most common type of anxiety disorder, with almost 7 million adults affected.

Anxiety disorders are the highest reported mental health issue.

Anxiety and depression co-occur, with half of people diagnosed with depression also have diagnosis of an anxiety disorder.

Adults living alone had increased rates of depression compacted to adults living with others.

Almost 60% of Americans get no treatment or medication for anxiety or depression.

HELPFUL PHRASES

- 1 You're not in this alone, we are a team.
- 2 Let's find some solutions together.
- 3 Asking for help is a brave move and I'm happy to be here to support you.
- 4 Your feelings matter and I'll do my best to be there for you.
- 5 Tell me more... Can you help me understand...
- 6 Right now, you would you appreciate comfort or advice?



TIPS FOR ENGAGING CLIENTS

Build rapport by showing empathy, validating experience, and actively listening.

Be aware of body language.

Use a strength-based approach. Past accomplishments can increase self-efficacy.

SMART goals prevent feelings of being overwhelmed and encourage motivation.

Avoid using medical terminology and big words.

Collaborate with other resources when able for a holistic, team approach.

Be honest and genuine. Don't make promises to be there every step of the way or 24/7 when that's not realistic.

Empower! There's hope, there's treatment, and it's possible to feel better long-term.