



Caring for the Caregiver

Supporting
Depression and
Anxiety

No conflicts to
declare



- Mood disorders are one of the most common mental illnesses in the general population.
- According to Statistics Canada's 2012 Canadian Community Health Survey (CCHS) on Mental Health, 5.4% of the Canadian population aged 15 years and over reported symptoms that met the criteria for a mood disorder in the previous 12 months

<https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness/what-depression.html>



Statistics

- Almost one in 8 adults (12.6%) identified symptoms that met the criteria for a mood disorder at some point during their lifetime, including 11.3% for depression and 2.6% for bipolar disorder.
- More than 50% of individuals who have an episode of major depression experience a recurrence.

<https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness/what-depression.html>

Statistics Continued

...



40% of respondents to a 2016 survey agreed they have experienced feelings of anxiety or depression but never sought medical help for it. *(Boak et al. (2016). The mental health and well-being of Ontario students, 1991-2015: Detailed OSDUHS findings. CAMH Research Document Series no. 43. Toronto: Centre for Addiction and Mental Health.)*

People with depression may not acknowledge that they are depressed.

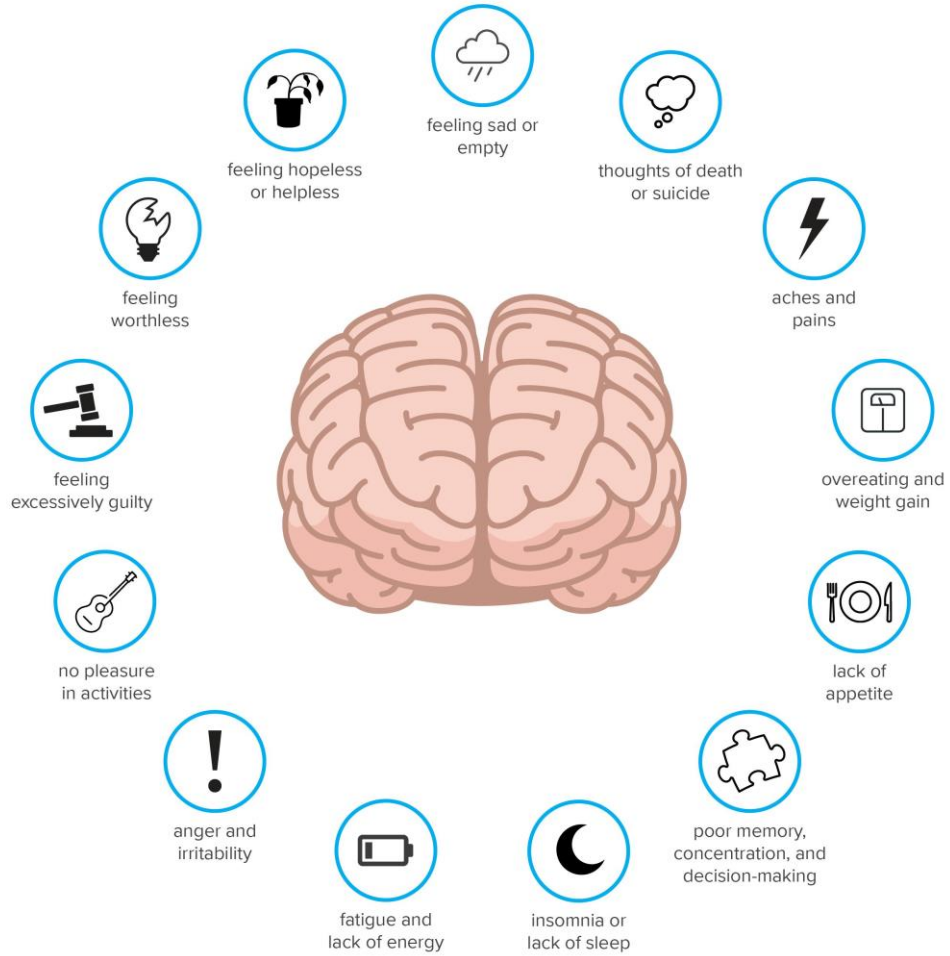
It is important to encourage treatment.

Its important to remember signs and symptoms differ from person to person.

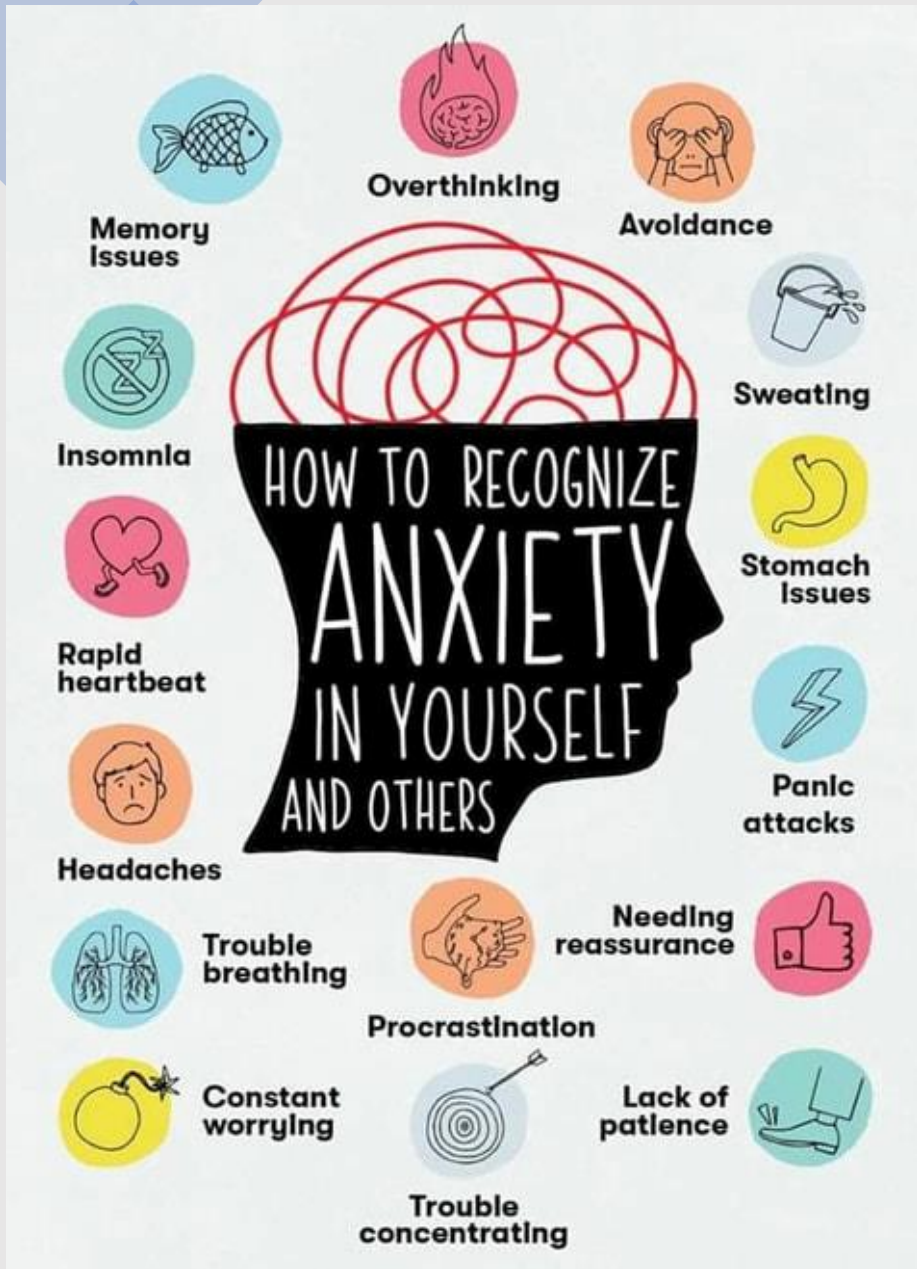
Dealing with depression and anxiety in a loved one can be a challenge.



Common Symptoms of Depression



Signs and Symptoms



Signs and Symptoms



Steps to Help

Open
Communication



Steps to Help

Encouragement



Steps to Help

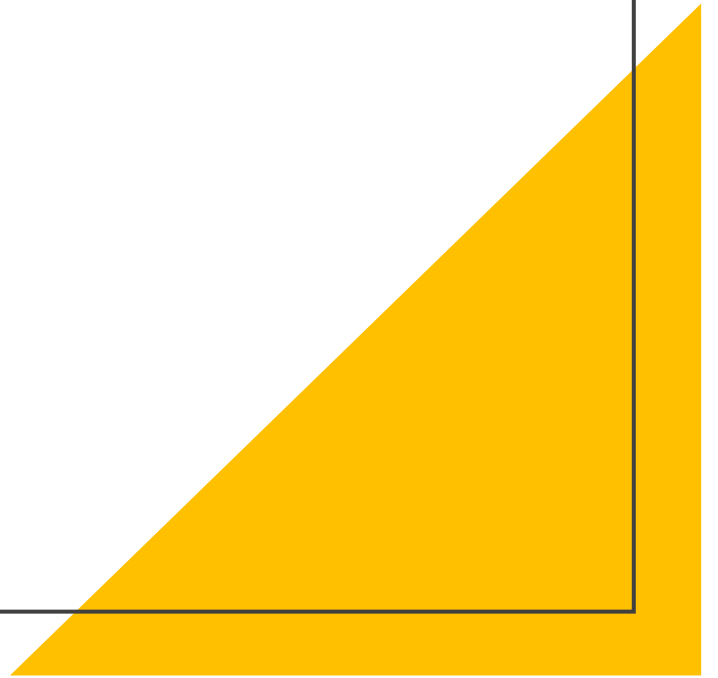
Offer Assistance



Steps to Help

Prepare

Suicidal Ideation



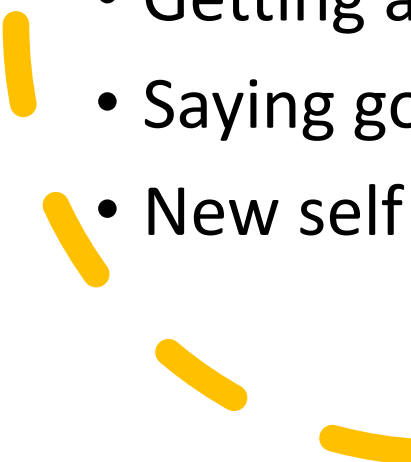
Suicide Statistics

- About 4,000 Canadians per year die by suicide—an average of almost 11 suicides a day.¹⁵ It affects people of all ages and backgrounds.
- On a per-capita basis, suicide rates in Canada are on a downward trend.
- More than 75% of suicides involve men, but women attempt suicide 3 to 4 times more often.
- More than half of suicides involve people aged 45 or older.

<https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>



Signs to look out for

- Talking about suicide
 - Buying items/saving pills
 - Withdrawing
 - Giving away belongings
 - Getting affairs in order (making a will)
 - Saying goodbyes
 - New self harming behaviours/increased self harming behaviours
- 

The previous list is not all encompassing.

Sometimes there might not be signs

If you are worried about a loved ones safety

- Call 911
- Call a doctor
- Talk to your loved one
- Call a suicide hotline
- Make sure they are in a safe environment (take away pills/sharps)

Form 2

_____ 's Safety Plan

Today's Date: _____

Step 1: Warning Signs of a Crisis

1. _____
2. _____
3. _____

Step 4: People I Can Call for Help

1. _____
Relationship: _____
Phone #: _____
2. _____
Relationship: _____
Phone #: _____
3. _____
Relationship: _____
Phone #: _____

Step 2: Activities I Can Do By Myself to Try to Take my Mind off of Things

1. _____
2. _____
3. _____

Step 5: Ways That Supportive People Can Help Me Stay Safe

1. _____
2. _____
3. _____

Step 6: I Can Call These Very Important Phone Numbers

- ### I Have Great Strengths To Help Me Get By
1. _____
 2. _____
 3. _____

Step 3: Taking My Mind off of Things

- PEOPLE I CAN GO TO:
1. _____
Relationship: _____
Phone #: _____
 2. _____
Relationship: _____
Phone #: _____
 3. _____
Relationship: _____
Phone #: _____
- PLACES I CAN GO TO:
1. _____
 2. _____



Safety Plan | Adapted from an original work by Barbara Stanley and Gregory K. Brown
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Make a safety plan



 **Be Safe**
by  mindyourmind

Download the NEW
Be Safe by mindyourmind app

Be Safe App

Be Safe App

Provides information around local resources

Connects you with resources in a time of crisis

Helps you create a safety plan

Helps store medication and health information

Free resource

Distress Tolerance Skill 1: TIPP



TEMPERATURE

Change your body temperature. Splash your face with cold water, hold an ice cube, let car AC blow on your face, take a cold shower



INTENSE EXERCISE

Do intense exercise to match your intense emotion. Sprint to the end of the street, do jumping jacks, push ups, intense dancing



PACED BREATHING

Try Box Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm.



PAIRED MUSCLE RELAXATION

Focus on 1 muscle group at a time. Tighten your muscles as much as possible for 5 seconds. Then release & relax. Repeat with other muscle groups.

Dealing with Anxiety

- Understanding your loved ones triggers
- Your loved one may be experiencing physical symptoms such as
 - Nausea
 - Light-headedness
 - Restlessness
 - Muscle Tension
 - Difficulty Breathing
- Behaviours associated can include avoidance, irritability, reassurance seeking

How to help in increased anxiety

- Ask if there is anything you can do to help during an anxiety/panic attack.
- Distraction methods, breathing techniques can be helpful for your loved one. They will likely will learn different coping mechanisms in therapy.
- Try not to over modify your own surroundings and lifestyle too much. This can be enabling

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



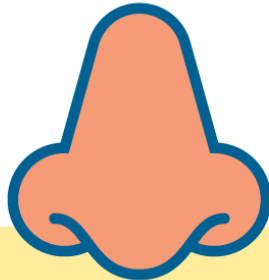
Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.



Acknowledge **2** things that you can smell around you.



Acknowledge **1** thing that you can taste around you.

#DeStressMonday

DeStressMonday.org

DESTRESS
MONDAY

Seeking Help for Depression and Anxiety

Treatment can be:

- Therapy
- Medications
- Or Both!

Please consult with a doctor what would be best in your loved ones case.

Resources In Windsor

CMHA Co-ordinated Access

- Located at Crisis and Mental Wellness Center
- 744 Ouellette Avenue, (519) 973 – 4435

Family Services Windsor

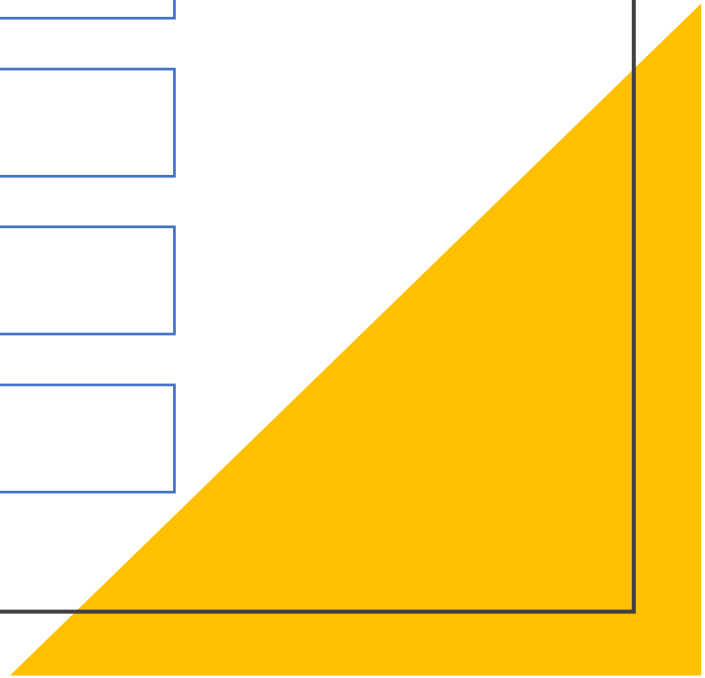
- 1770 Langlois Ave, (519) 966-5010

Sandwich Community Health Center

- 3325 College Ave, (519) 258-6002

Teen Health Center

- 1361 Ouellette Ave #101, (519) 254-8481





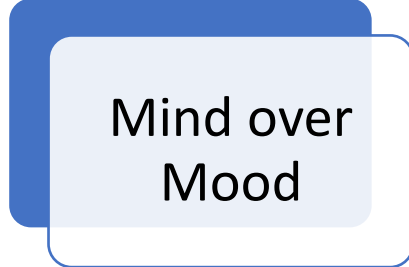
Other Resources



MindBeacon



Bounceback



Mind over
Mood




NAMI



MDAO

IMPORTANT TO REMEMBER

- Not an attack against you
 - They “can’t snap out of it”
 - Be Patient
 - Get out together
 - Can be draining both emotionally and physically, take care of yourself too
- 
- A large yellow triangle is positioned in the bottom right corner of the slide, pointing towards the top right.



The End!