

Understanding Depression

MENTAL ILLNESS IS ONE OF MODERN SOCIETY'S BIGGEST PUBLIC HEALTH PROBLEMS¹

Depression is the main contributor to mental health problems in Europe²

300 million

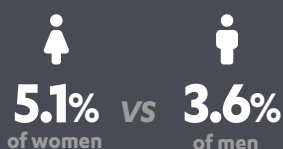
PEOPLE WORLDWIDE ARE LIVING WITH DEPRESSION – EQUIVALENT TO TWO THIRDS OF THE POPULATION OF THE EUROPEAN UNION³

ESTIMATED EUROPEAN PREVALENCE OF DEPRESSION:³

Belgium	France	Germany	Italy	Spain	Sweden	Switzerland	United Kingdom
4.8%	4.8%	5.2%	5.1%	5.2%	4.9%	5%	4.5%
>500,000 people	>2.9 million people	>4.1 million people	>3 million people	>2.4 million people	>440,000 people	>380,000 people	>2.6 million people

WHO DOES DEPRESSION AFFECT?

Depression is more common among women than men within the general population³



DEPRESSION IS MORE THAN JUST FEELING SAD OR BLUE.

It is a common but

serious mood disorder

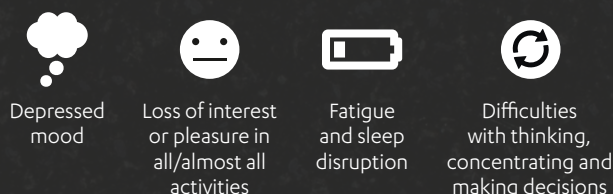
and not something you can 'snap out of'.

There are many different types of depression, each with a different level of severity⁴

MAJOR DEPRESSIVE DISORDER OR MDD IS THE LEADING CAUSE OF DISABILITY WORLDWIDE⁵

40 million

people in Europe are estimated to be living with a MDD – a value equivalent to the national population of Spain⁶



MDD HAS A DEVASTATING EFFECT ON PEOPLE'S LIVES^{7,8}

The symptoms of MDD are defined as lasting at least two weeks but usually they go on for much longer.⁹



On average, a depressive episode lasts **6 months** and

1 in 5 it can last longer than 2 years.⁹

MDD DOESN'T JUST IMPACT THE PERSON AFFECTED

The symptoms can cause a ripple effect across every aspect of their lives:



Health



Relationships



Employment and education



Overall quality of life

1 in 10

people have taken time off work for depression, missing an average of **36 work days** per depressive episode.¹⁰

The economic costs of depression alone amounted to

€136.3 billion

in the European Economic Area (EEA) in 2007 – that's equivalent to an approximate cost of **€265** for every single person living in the EEA today.¹⁰

While the biological causes of MDD aren't fully understood, some risk factors have been identified¹¹



Chronic medical conditions – people with long-term or disabling conditions are more likely to experience depression⁸



Family history – parents, siblings and children of people with MDD are 2-4 times more likely to develop the condition⁸



Age – first symptoms usually occur in the 20s, with people aged between 55 and 74 most affected³



Major life changes, trauma or stress⁸

It is thought that problems with regulating mood and developing new connections within the brain may contribute to MDD.¹²

BREAKING
DEPRESSION

TOGETHER, WE CAN HELP BREAK MISEDUCATION AND MISCONCEPTIONS, BREAK STIGMA AND ULTIMATELY BREAK DEPRESSION

Breaking Depression is a pan-European awareness campaign with a mission of enabling people to better understand, support and help those living with depression

Inspired by the ancient **Japanese art of kintsugi**, where broken objects are repaired with gold lacquer, it is designed to help raise awareness of the challenges of living with different types of depression, including MDD



Learn more and help to make a real difference by visiting www.breakingdepression.eu and sharing your support today

FOR MORE INFORMATION AND SUPPORT

If you're worried about your own mental health, or someone else's please visit GAMIAN-Europe's website for advice:



www.gamian.eu/wp-content/uploads/GAMIAN-Europe-Mental-Health-Support.pdf



In an emergency situation, get help immediately by calling the emergency services or your local mental health helpline.

WITH A GREATER UNDERSTANDING, WE WILL ALL BE ABLE TO BETTER CARE FOR OUR LOVED ONES AND OURSELVES.



GAMIAN-Europe

www.gamian.eu

The Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe) is a patient-driven pan-European organisation that represents the interests of persons affected by mental illness and advocates for their rights



PHARMACEUTICAL COMPANIES OF Johnson & Johnson

Janssen Neuroscience EMEA

www.janssen.com/emea/therapeutic-areas/neuroscience

Janssen's mission is to reduce the burden, disability and devastation caused by mental health disorders and transform the lives of people living with these conditions. Janssen is a pharmaceutical company that is part of the Johnson & Johnson family of companies

1. Vos T, et al. *The Lancet*. 2013; 386(9995): 743–800.

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3. WHO. Depression and Other Common Mental Disorders: Global Health Estimates. Available at: <https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf>. Date accessed: September 2019.

4. NIMH. Depression. Available at: <https://www.nimh.nih.gov/health/topics/depression/index.shtml>. Date accessed: September 2019.

5. WHO. Depression. Available at: <http://www.who.int/news-room/fact-sheets/detail/depression>. Date accessed: September 2019.

6. WHO. 3 out of 4 people suffering from major depression do not receive adequate treatment. Available at: <http://www.euro.who.int/en/media-centre/sections/press-releases/2017/3-out-of-4-people-suffering-from-major-depression-do-not-receive-adequate-treatment>. Date accessed: September 2019.

7. WHO. International Statistical Classification of Diseases and Related Health Problems 10th Revision. Available at: <http://apps.who.int/classifications/icd10/browse/2010/en>. Date accessed: August 2019.

8. American Psychological Association. Diagnostic and Statistical Manual of Mental Disorders. 5th ed. 2013.

9. WHO. Preventing depression in the WHO European Region. Available at: http://www.euro.who.int/_data/assets/pdf_file/0003/325947/New-Preventing-depression.pdf. Date accessed: September 2019.

10. Target. Depression in the Workplace in Europe: A report featuring new insights from business leaders. Available at: http://targetdepression.com/wp-content/uploads/2014/04/TARGET_Report_Final.pdf. Date accessed: September 2019.

11. National Alliance on Mental Illness. Depression. Available at: <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>. Date accessed: September 2019.

12. Duman RS, et al. Synaptic plasticity and depression: new insights from stress and rapidacting antidepressants. *Nat Med* 2016;22(3):238–249.