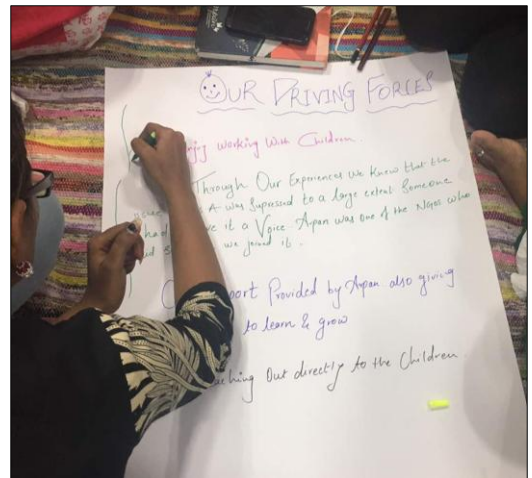




Workshop with Arpan on emotional management and self-care

In May 2017, Adveka conducted a workshop on self care strategies and emotional management techniques with Arpan, a Mumbai-based organization that works to prevent and tackle child sexual abuse. Twenty-six social workers and psychologists from Arpan's prevention and healing teams participated in the day-long workshop. Through interactive sessions, group discussions, and activities, they understood burnout, the different components of emotional management, learnt about self-care, and different coping techniques. The staff at Arpan works with vulnerable children who have experienced severe emotional and physical trauma. Constant exposure to such situations can cause emotional distress, including feeling emotions like sadness, anger, guilt, and self blame. This can result in burnout. Knowledge of emotional management, self-care, and coping techniques equips them to tackle these issues efficiently.



*Photo credit: Adveka Foundation

More than 300 million people worldwide suffer from depression, i.e. roughly 4.4% of the global population

India accounts for 56 million cases of people living with depression, about 4.5% of the national population

Depression is the major risk factor in suicide deaths across the world: nearly 800,000 per year

The WHO ranks depression as the single largest contributor to global disability

*Courtesy Depression and Other Common Mental Disorders: Global Health Estimates (WHO)

Depression: With the right help, you can get better

Depression is one of the most common mental health disorders. The World Health Organization describes it as "an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks".

On the other end of the spectrum is dysthymia or "high-functioning depression". People struggling with dysthymia appear as optimally functioning individuals, i.e. they do not exhibit the common signs of depression, and seem able to cope well with the demands of their professional and personal lives. In reality they suffer from severe self-criticism, anger, guilt, anxiety, and resort to unhealthy coping mechanisms. Dysthymia is dangerous because it usually goes undetected, as it is hard to spot the signs of this kind of depression.

Depression is the top cause of other mental and physical illnesses, like anxiety, low self-esteem, bipolar disease, diabetes, and heart disease, along with being the major contributor to suicide. There is, therefore, an urgent need to tackle and treat depression.

In October 2016, the WHO began a one-year global campaign against depression. It aims to encourage people with depression to seek and get help, so that they can live healthy, productive lives.

If you or someone you know needs help with depression, please contact these organizations:

- NIMHANS Centre for Wellbeing
- Adveka Foundation
- Hope Network (an online resource)
- YourDOST (online platform)

Please see **this list** for more organizations that help tackle depression.