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# MIND Your Health



## Episode 2: Overcome DEPRESSION & ANXIETY

Joint Initiative By



**INSTITUTE  
of  
MENTAL  
HEALTH**  
National Healthcare Group

Supported by



## **PLEASE NOTE**

- ❖ **This deck of slides is shared at the courtesy of The Institute of Mental Health.**
- ❖ **Please refrain from repurposing the content in these slides.**

*Thank you for your kind understanding.*

# Normal Sadness vs Depression

## Sadness

VS

## Depression

A normal emotional reaction to stressors or upsetting events

An intense, pervasive feeling of great sadness

Last for a short period of time and goes away

Can last for weeks, months or longer

Still able to smile to hearing positive things and enjoy one's interests

Negative thoughts, a bleak outlook on life

Able to work or study and maintain social connections

Disruption to everyday activities and function

# Depression Signs & Symptoms

- Persistent sadness or feeling gloomy
- Feeling agitated or irritable
- A loss of interest in activities previously enjoyed
- Poor sleep or oversleeping
- Poor appetite or overeating
- Poor concentration or indecisiveness
- Lethargy and fatigue
- Feelings of worthlessness or inappropriate / excessive guilt
- Recurring thoughts of death or suicide
- Harmful behaviours such as deliberate self harming, alcohol or substance use



# PHQ-9 Depression Test



Scan the above  
QR Code to take  
the test!

<https://www.surveymonkey.com/r/22HFFP6>

Depression Severity	Score
None-Minimal	0 – 4
Mild	5 – 9
Moderate	10 – 14
Moderately Severe	15 – 19
Severe	20 – 27

# Common Types of Depressive Disorders

## Major Depressive Disorder



Symptoms present for longer than two weeks

## Persistent Depressive Disorder



Depression present for most days during a two-year period

## Bipolar Depression



The depressive episodes that often accompany the manias of bipolar disorder

## Postpartum Depression



Can occur soon after delivering a baby

## Premenstrual Dysphoric Disorder



Significant mood symptoms that occur during the menstrual phase

## Seasonal Affective Disorder



Depressive episodes that reoccur in the winter months

## Atypical Depression



Depressive episodes with reactive moods, increased appetite and sleep

# Normal Worry vs Anxiety Disorder

## Normal Worry

VS

## Anxiety Disorder

Worries are limited to a specific, small number of realistic concerns

Chronic and irrational worry

Last for a short period of time and goes away

Out of proportion to the situation

Bouts of anxiety last for short periods of time

Can last for weeks, months or longer

Able to control your worrying

Your worrying is uncontrollable, extremely upsetting and stressful

Able to work or study and maintain social connections

Disruption to everyday activities and function

# Anxiety Signs & Symptoms

- **Excessive anxiety & worry about a number of activities / events e.g. work or school**
- **The individual finds it difficult to control the worry**
- **Feeling restless, keyed up or on edge**
- **Irritability**
- **Muscle tension**
- **Poor sleep**
- **Easily fatigued**
- **Difficulty concentrating**
- **Mind going blank**
- **Physical body symptoms**





# GAD-7 Anxiety Test



Scan the above  
QR Code to take  
the test!

Anxiety Severity	Score
None-Minimal	0 – 4
Mild	5 – 9
Moderate	10 – 14
Severe	15 – 21

<https://www.surveymonkey.com/r/VGN93VS>

# Common Types of Anxiety

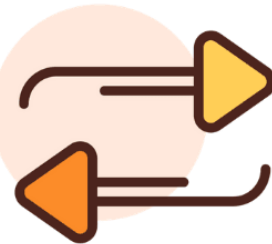


## Generalised Anxiety Disorder (GAD)



Excessive worrying about various issues with no cause or trigger

## Obsessive Compulsive Disorder (OCD)



Unwanted recurring thoughts that drives repeated actions

## Post-Traumatic Stress Disorder (PTSD)



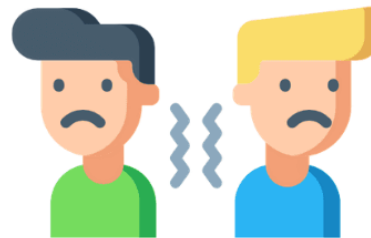
Anxiety that is triggered by traumatic events

## Panic Disorder



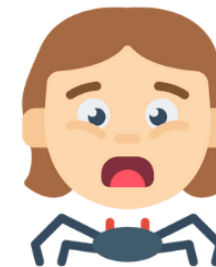
Repeated panic attacks

## Social Anxiety Disorder



Excessive self-consciousness or anxiety in social interactions

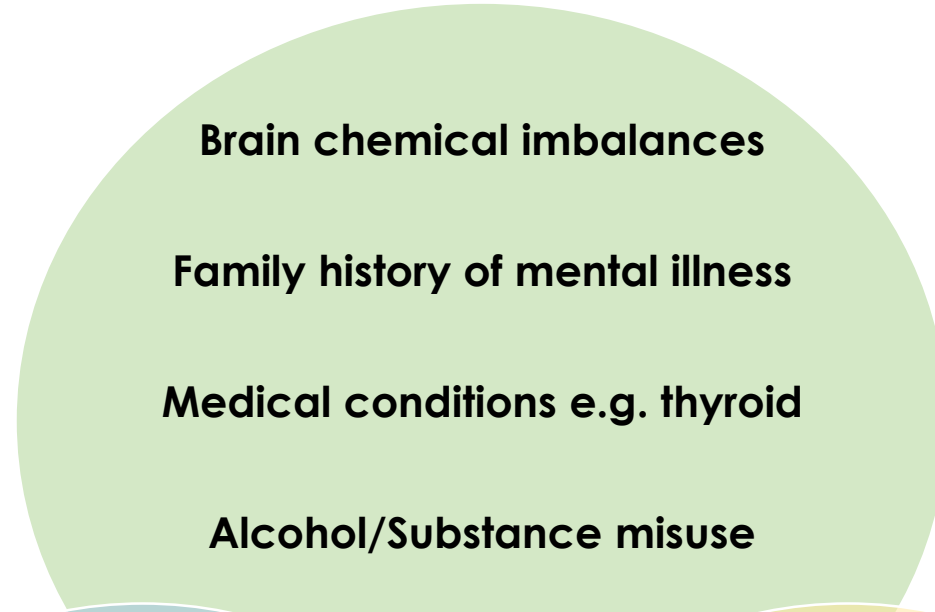
## Phobias



Extreme and Irrational fear of a situation, object or living creature

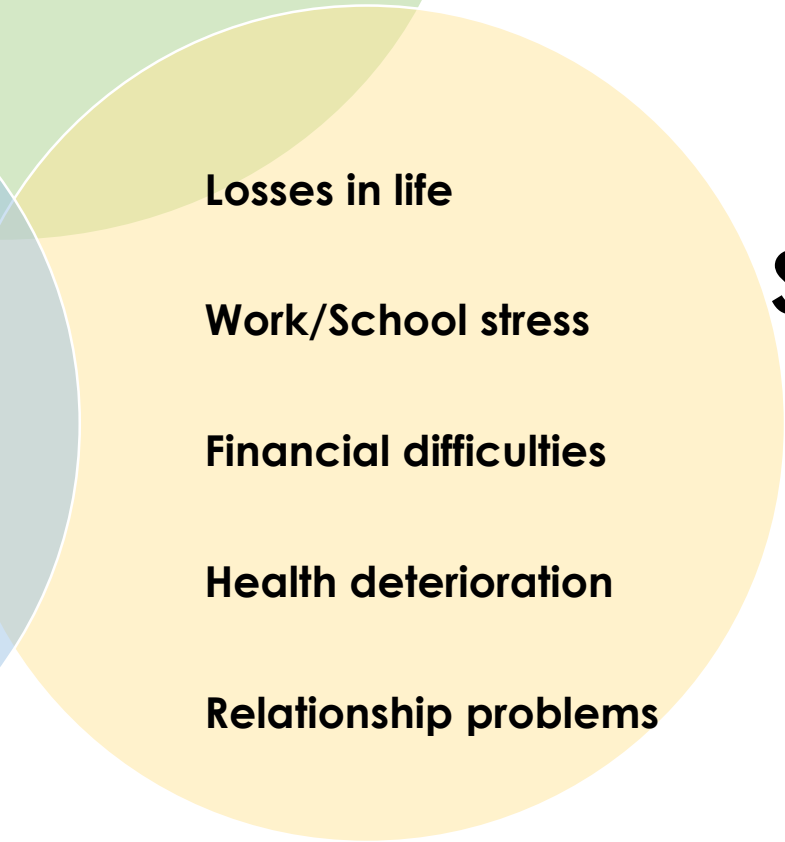
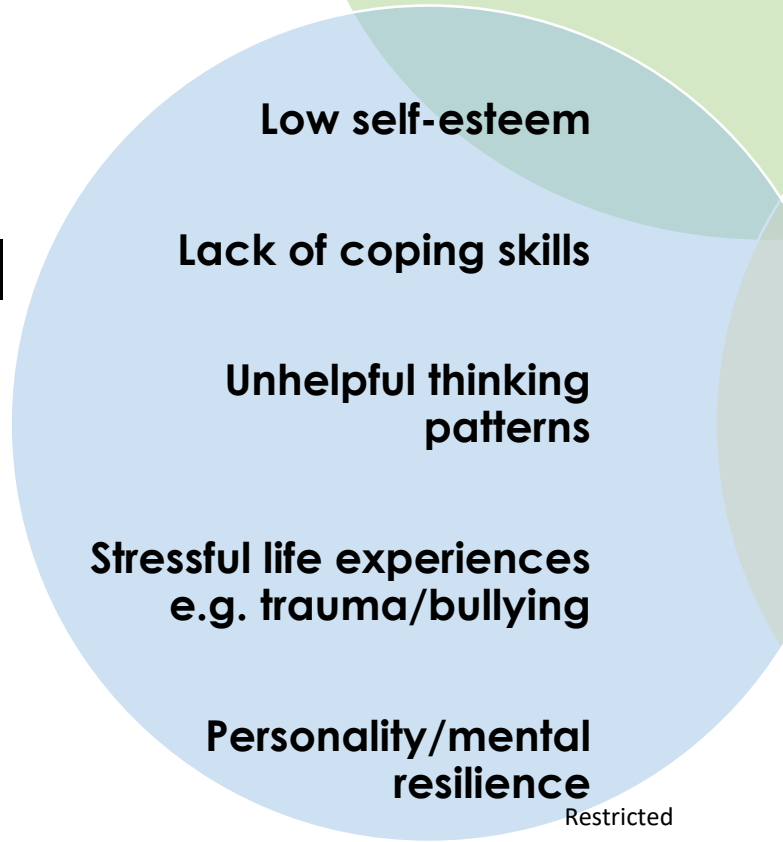
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# Causes of Depression & Anxiety

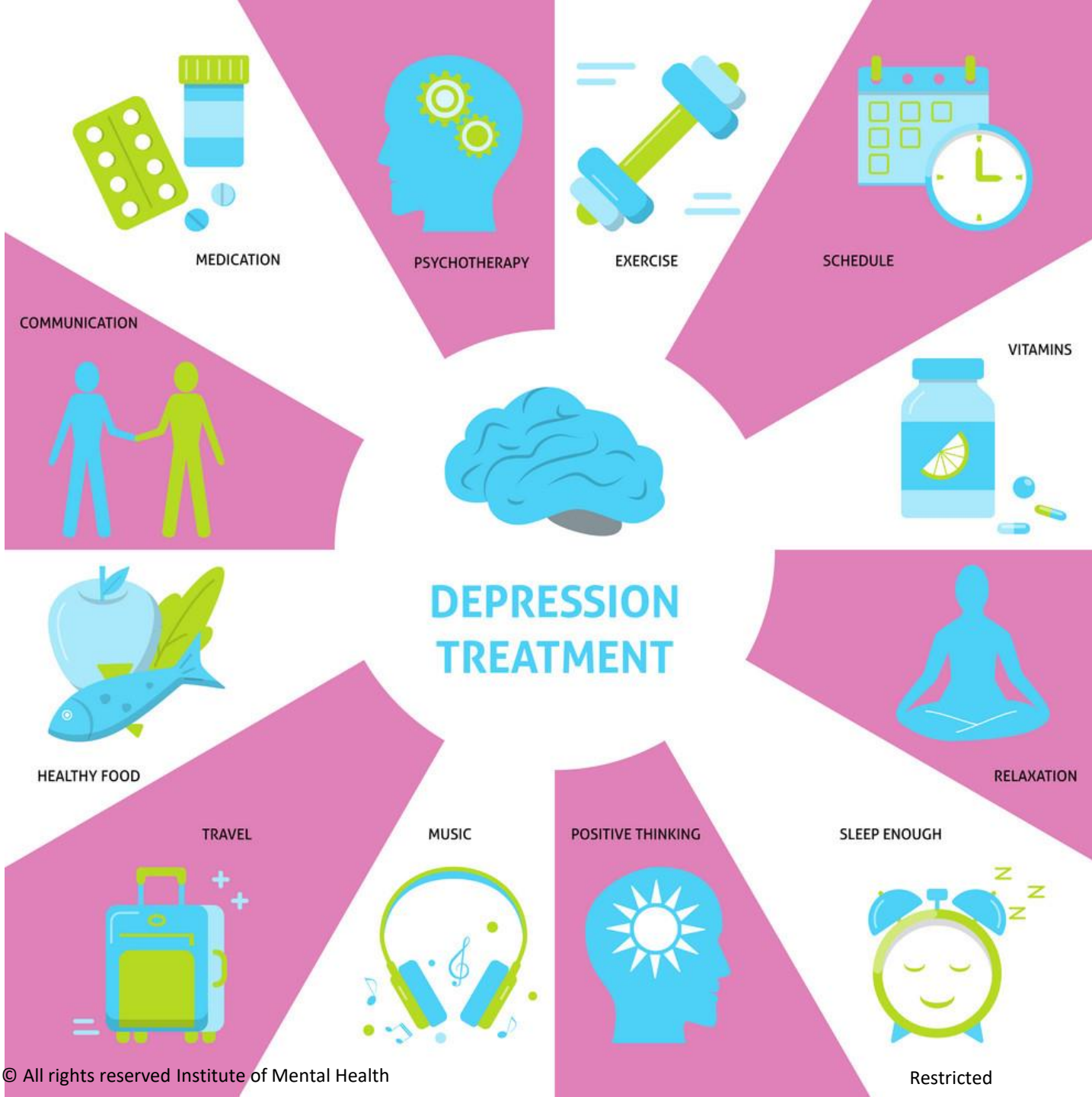


**Biological**

**Psychological**



**Social**



## • Medications

- Anti-depressants for mood
- Benzodiazepines/Anti-histamines for anxiety or sleep (short course)

## • Talking Therapy

- Psychology
- Counselling
- Psychoeducation

## • Social Interventions

- Community re-integration
- Vocational skills training
- Financial aid
- Caregiver support

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# No One-Size-Fits-All

## Medications

- Finding the right medication and the right dosage
- Waiting for the medication to take effect
- Trying out new medications
- Coping with side effects (e.g. weight gain, dry mouth)



# What's helpful?

- Be compliant with taking medications
- Refrain from adjusting your medications without consulting the Doctor
- Monitor any side effects
- Monitor any improvement
- Provide feedback to your Doctor



# Counselling

## Through counselling it helped me:

- Uncovered unhealthy ways of thinking
- Identified root cause to my issues
- Empowered me to make positive change
- Enabled greater self-acceptance
- Therapy takes time to see progress and it requires effort to apply what you have learned in sessions



# Safe Space

## How can one create a safe space for another?

- Listen to understand not to fix
- Be non-judgmental
- Show empathy
- Go with resistance, not against it
- Use the right choice of words
- Offer to accompany him/her to seek help





# Non-Recovery vs Recovery Language

## Non-Recovery

You are crazy ...

You are paranoid ...

You keep relapsing ...

You can snap out of it ...

## Recovery Language

You have a mental health condition ...

You are experiencing a lot of fear...

Setbacks are part of recovery ...

It's a challenging season for you ...

# Power Robbing vs Empowering Language

## Power Robbing Language

You should ...

You need...

You cannot ...

You must go see a psychiatrist...

My advice to you is...

## Empowering Language

**Can, could...**

**Have you consider...**

**What can you do?**

**Here are the options...**

**What has worked for you in the past?**

# THE CONVERSATION INSTEAD OF SAYING...



## WHY NOT TRY...



# Resources

<b>Community Resources</b>	<b>Contact Number</b>	<b>Website</b>
IMH Mental Health Helpline (24 Hours)	6389 2222	<a href="https://www.imh.com.sg/">https://www.imh.com.sg/</a>
Samaritans of Singapore (24 Hours)	1800 221 4444	<a href="https://www.sos.org.sg/">https://www.sos.org.sg/</a>
Singapore Association of Mental Health	1800 283 7019/ 6255 3222	<a href="https://www.samhealth.org.sg/">https://www.samhealth.org.sg/</a>
Clarity Singapore	6757 7990	<a href="https://www.clarity-singapore.org/">https://www.clarity-singapore.org/</a>
Caregiver Alliance	6460 4400	<a href="https://www.cal.org/">https://www.cal.org/</a>
Clubheal	6899 3463	<a href="https://www.clubheal.org.sg/">https://www.clubheal.org.sg/</a>
Club2care		<a href="https://www.club2care.com/">https://www.club2care.com/</a>
Silver Ribbon	6385 3714	<a href="https://www.silverribbonsingapore.com/">https://www.silverribbonsingapore.com/</a>
Fei Yue Family Service Centre		<a href="https://fyfcs.org/">https://fyfcs.org/</a>
Friendship And Mind Enrichment (FAME) Club	6340 4158	<a href="https://bcare.org.sg/our-services/special-needs/friendship-and-mind-enrichment/">https://bcare.org.sg/our-services/special-needs/friendship-and-mind-enrichment/</a>
Shan You Counselling Centre	6741 9293	<a href="https://shanyou.org.sg">https://shanyou.org.sg</a>
<b>Self-Help Resources</b>	<b>Website</b>	
My Mental Health	<a href="https://www.stayprepared.sg/mymentalhealth/">https://www.stayprepared.sg/mymentalhealth/</a>	
Mindline.sg	<a href="https://www.mindline.sg">https://www.mindline.sg</a>	