



Mental Disorders

Depression

Depression is one of the most prevalent mental disorders that impact Black women. Black women experience a higher rate of depression than the general population. Articles have been written by a host of scholars, writers, and practitioners about the possible contributing factors to Black women's high rates of depression; some of those factors relate to access to quality health care, the 'superwoman syndrome', finances, and shame. Regardless of the contributing factors of depression, it is imperative to seek help before symptoms worsen.

Symptoms & Warning Signs

- Loss of interest or pleasure in activities, most of the day.
- Depressed (sad or down) mood most of the day, nearly everyday.
- Significant weight loss or gain.
- Loss of energy.
- Difficulty concentrating and thinking.
- Thoughts of suicide or of death.
- Feelings of worthlessness, hopelessness, or helplessness.

Treatment

Medication: prescribed meds from a psychiatrist or primary care physician; antidepressants are commonly described.

Self-help/care: support groups, meditation, exercise, mood tracking

Therapy: Cognitive Behavioral Therapy, Acupuncture