

# Major Depressive Disorder Myths vs. Facts



**Myth:** Treatment for depression is mostly ineffective, so why bother?



**Fact:** Behavioral therapy, like counseling and medication, can successfully treat depression.



**Myth:** Depression is not a real medical condition.



**Fact:** Depression is a real and serious medical condition. It's no different than diabetes or heart disease in how it impacts people's lives.



**Myth:** Depression is something that strong people can snap out of by thinking positively.



**Fact:** Strong will does not prevent depression. Depression is a medical condition that anyone can experience.



**Myth:** It's normal to be depressed when you get older.



**Fact:** The good news is that most older adults are not depressed. It is not a normal part of aging.



**Myth:** Depression will just go away on its own.



**Fact:** Without treatment, symptoms of depression can continue for weeks, months, or years. The good news is that people can get better with treatment!

## For Help and More Information

For additional information about mental health myths and facts, visit <https://www.samhsa.gov/mental-health/myths-and-facts>.

For additional information and resources, visit [www.nursinghomebehavioralhealth.org](http://www.nursinghomebehavioralhealth.org) or simply scan the QR code.

