

Depression: Breaking the Silence *(Interview Transcripts)*

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“It’s elusive. It’s hard to know. And a lot of people with depression and anxiety are very secretive about it, because they don’t accept it themselves. So they try to hide it from family members and they don’t want to be open about it. So it is our duty to make them understand that it’s okay.” (:22)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“There’s a lot of performance anxiety. There is a lot of feeling like people expect you to be on all the time. It’s very hard to keep up with that kind of self-pressure. And at times, if you’re not getting help for that, it becomes overwhelming.” (:16)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“I can’t tell you how many people I’ve had through my practice who said they used to tell people to just pull themselves up by their boot straps. People who say that have never had depression, or at least not major depression – let’s put it that way. They think of depression as one of their bad days. And they know and we all know that if we’re having a bad day, we could go in and take a shower and wake up and go into work and our day will turn out okay. But that’s not depression.” (:29)

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“They say the best treatment for most mental illness is a combination of therapy and medicine. I often will recommend somebody to be on medicine, too – and a lot of people are very averse to that. But if you are going to treat a headache, you take an aspirin. And if you are going to treat your mental health, that’s what antidepressants are for. It doesn’t mean you have to stay on them forever, but sometimes if you get on them, you might want to stay on them because you’ve never felt that good. You never had that lack of depression or lack of anxiety. And it’s just enough to keep you from feeling lousy all the time.” (:36)

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“You can’t give out anything unless you have something to give. And I think a lot of us – as parents, in our community, our faith, our families, at work – sometimes need to be filled.” (:16)