



Nanned

HEALTH BULLETIN

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**UNDERSTANDING
DEPRESSION**



Depression is NOT...

- ... a sign of weakness
- ... something a person can simply "get over" by "pulling themselves together"
- ... the sufferer's fault
- ... merely feeling down for a few days



Depression...

- ... is a recognised mental health condition
- ... has real symptoms
- ... can be long-lasting or recurrent
- ... can dramatically impact a person's ability to function and live a rewarding life

264 million

PEOPLE SUFFER FROM DEPRESSION WORLDWIDE

MAJOR CONTRIBUTOR TO GLOBAL BURDEN OF DISEASE

LEADING CAUSE OF DISABILITY WORLDWIDE

(World Health Organization, <https://bit.ly/31RiGJS>)

The high suicide rate in Namibia - 22.1 suicides per 100,000 population - and the proven link between suicide and depression seem to indicate that depression is prevalent among Namibians. **It's time to increase awareness and overcome stigma!**



Causes of depression

Depression results from a complex interaction between social, psychological & biological factors:



BIOCHEMISTRY



GENETICS



PERSONALITY



ENVIRONMENTAL FACTORS

Symptoms of depression

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Reduced motivation to participate in activities or difficulty doing much at all
- Changes in appetite – weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Lack of energy and unexplained fatigue
- Increase in purposeless physical activity or slowed movements and speech
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Lack of libido
- Social withdrawal
- Self-harm
- Thoughts of death or suicide



Symptoms can be mild to severe and must last at least 2 weeks for depression to be diagnosed.

Treatment for depression

Treatment depends on the severity & cause of depression and can include:



MEDICATION



COUNSELLING



HOSPITALISATION

(SEVERE CASES)

Nammed supports the path to recovery by offering a variety of mental health benefits:

- Psychological counselling (available on all Options, except Trauma)
- Psychiatric in-hospital treatment, including medication (available on all Options)
- Antidepressants under chronic medication, subject to Fund approval (available on all Options, except Trauma)

For limits per Option and more information, please visit www.nammed.info

#NoHealthWithoutMentalHealth



ONLINE CONSULTATIONS: E-THERAPY



SEEKING HELP FOR DEPRESSION AND OTHER
MENTAL HEALTH ISSUES IS A SIGN OF
STRENGTH, NOT A SIGN OF WEAKNESS.

Get professional help from a licensed mental health professional from the comfort of your home.

As a Nammed member, you have access to psychiatrists, psychologists, counsellors and social workers through E-THERAPY*

* Available on all Options, except Trauma (members on the Basic Option should make use of Designated Service Providers). General practitioner, specialist, speech therapist and occupational therapist services are also covered under E-Therapy (in addition to mental health services).



MEET THE NEW TRUSTEES



We are pleased to introduce the Board of Trustees of Nammed Medical Aid Fund, elected at the Annual General meeting on 10 June 2020.

With a wealth of Legal, Financial, Clinical, Human Resources and Marketing experience and knowledge between them, the Trustees are well placed to oversee the overall management and governance of Nammed Medical Aid Fund.

The Trustees are committed to providing you with peace of mind by offering a range of affordable benefits to cover your healthcare needs. *They are your Partners in Health.*



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CHAIRPERSON
B PROC
P.D. THERON AND ASSOCIATES



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LÜDERITZ TOWN COUNCIL



DR S. VAN ROOYEN
MB CHB (STELL)
M FAM MED (STELL)



NEW OFFICE BEARERS FOR 2020/2021 WILL BE ELECTED DURING THE MEETING SCHEDULED FOR AUGUST 2020.



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