






# Getting Creative to Break Down Barriers to Depression

Depression can happen to anyone. It is characterized by persistent sadness and a loss of interest in enjoyable experiences and daily activities. For some, mental illness might be perceived as a weakness or shameful. This can discourage people from seeking professional treatment. This guide will help the clinical team clarify the issues and find solutions for patients' commonly reported barriers.

<b>Barrier</b> 	<b>Dive Deeper</b> 	<b>Brainstorm and Expand Solutions</b> 
Refuses professional help to deal with their feelings	<ul style="list-style-type: none"> <li>• Why don't they want to seek help? Do they feel a stigma or shame in asking for or receiving help?</li> <li>• How might speaking with a professional be beneficial (e.g., medication, evidence-based practices)?</li> <li>• Are there other patients who can share their positive experience receiving professional mental health treatment?</li> </ul>	<ul style="list-style-type: none"> <li>• Use reliable websites or resources like:               <ul style="list-style-type: none"> <li>– <a href="#">Substance Abuse and Mental Health Services</a></li> <li>– <a href="#">American Psychological Association (APA) Psychologist Locator</a></li> <li>– <a href="#">Anxiety &amp; Depression Association of America Online Peer-to-Peer</a></li> </ul> </li> </ul>
Blames starting on dialysis or having a short-term setback for making them feel this way	<ul style="list-style-type: none"> <li>• What activities can patients do to promote better mental health? (e.g., join a support group, walking, meditation)</li> <li>• Have other patients experienced similar feelings?</li> <li>• Are they willing to accept feeling bad for months?</li> </ul>	<ul style="list-style-type: none"> <li>• Provide educational material:               <ul style="list-style-type: none"> <li>– <a href="#">Mental Health Myths and Facts</a></li> <li>– <a href="#">Caring for Your Mind and Body</a></li> <li>– <a href="#">Feelings</a></li> </ul> </li> </ul>
Hesitant to talk to the dialysis facility about mental health	<ul style="list-style-type: none"> <li>• How can the dialysis facility staff build trust with patients?</li> <li>• Is there one person at the center with whom they feel comfortable sharing?</li> <li>• Are there any local or online support groups available?</li> <li>• Who else in the healthcare network might be able to talk about options for mental health treatment?</li> <li>• Ask patients what it would look like to return to church or family functions.</li> </ul>	<ul style="list-style-type: none"> <li>• Reach out to the social worker to help find local support groups.</li> <li>• Check:               <ul style="list-style-type: none"> <li>– <a href="#">AARP Mental Health Center</a></li> <li>– <a href="#">End Stage Renal Disease (ESRD) Network Map</a></li> </ul> </li> </ul>



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## Resources' web addresses:

Substance Abuse and Mental Health Services: <https://www.samhsa.gov/find-help/national-helpline>

APA Psychologist Locator: <https://www.apa.org/members/your-membership/benefits/locator>

Anxiety & Depression of America Online Peer-to-Peer: <https://adaa.org/find-help/support>

ESRD NCC Mental Health Myths and Facts: <https://esrdncc.org/contentassets/4af151fad85f4a8c8916da38da8fabd1/mentalhealthmythandfacts-508.pdf>

ESRD NCC Caring for Your Mind and Body: <https://esrdncc.org/contentassets/9ce7b7283dfa4656959f92294154e94b/esrdncc-depressionag2022-final.pdf>

ESRD NCC Feelings Flashcards: <https://esrdncc.org/contentassets/9ce7b7283dfa4656959f92294154e94b/feelings-flashcards-508.pdf>

ESRD Network Map: <https://esrdncc.org/en/ESRD-network-map/>

AARP Mental Health Center: <https://www.aarp.org/health/conditions-treatments/mental-health-resource-center>