

Depression Section

There are two primary goals of the Depression Section: (1) to provide background on physician depression with an emphasis on identifying signs and symptoms, and (2) to remind learners of what to do if they, or someone they know, are struggling with depression.

Presentations

| Title | Description |
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| Recognizing the Signs of Depression in Physicians (PowerPoint, 21-slides) | This presentation defines depression as it pertains to physicians. Audience members will learn about the epidemiology of depression and become familiar with how to identify depression in themselves and/or colleagues. |
| How UPMC Physicians Can Seek Help for Depression (PowerPoint, 16-slides) | This is one of the slide sets that is specific to UPMC, however, we invite educators from outside institutions to utilize this slide set as a template. This presentation provides specific details on how physicians can seek help either within the UPMC system (through LifeSolutions) or receive a concierge referral to an outside provider (through CuRBSide). |
| Small Group Activities on Physician Depression (PowerPoint, 11-slides) | This presentation introduces two examples of breakout sessions that could be conducted with a small group and a resident and/or attending facilitator to help broach some of the nuances of how to help a colleague who we fear may be struggling with depression. |

Resources

| Title | Description |
|--|---|
| Depression Scenario for facilitator (PDF, 4-pages) | Facilitator's guide for an interactive small group session on physician depression. |
| Depression Scenario for learner (PDF, 1-page) | Learner's handout for an interactive small group session on physician depression. |