**MYTH 1**

**Difficult life situations cause depression**

Difficult life situations do not cause depression. What can cause depression is how we cope with difficult life situations. One person can suffer from a tragic experience and not be depressed, while a relatively trivial problem can send someone else into a severe depression.

**MYTH 2**

**Depression is an illness you can get again and again**

It isn’t depression that is recurrent, but the difficulties that life throws at us. If you react to difficult circumstances in the same way each time, by worrying instead of overcoming the difficulty, depression will keep manifesting.

**MYTH 3**

**Depression is always a separate additional problem**

Depression is a signal that something is wrong in a person’s current situation and/or the way that they are dealing with it. It is not a separate condition, unrelated to anxiety or chronic pain, for instance, to be managed long term by therapy or anti-depressant drugs.

**MYTH 4**

**Depression is genetic**

It isn’t depression that is passed down to children genetically. “Depression is always a separate additional problem.”

**MYTH 5**

**Depression is a biological illness**

Depression is NOT a biological illness. Of course there is a biological element to depression – every thought and emotion we have affects the levels of the feel-good brain chemical serotonin. If we are depressed, we have low levels of serotonin, whereas when we are positive and acting positively, levels of serotonin are high. It is the depressed mood that causes changes in brain chemistry, not the other way around. Two facts that show that the chemical imbalance idea is wrong: the vast majority of depressions lift quickly when treated with effective psychological therapy. And even without therapy, in 75 per cent of cases, depression gets better on its own within six months without chemical intervention.

**MYTH 6**

**When you have therapy for depression, you feel worse before you feel better**

Some forms of therapy do make you feel worse before you feel better. However, effective therapies help a person experience positive changes in the very first session.

**MYTH 7**

**Finding out more about the human givens (HG) approach to mental health and wellbeing visit:**

www.hgi.org.uk

For further information and references, see the below books and courses.

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