



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.

 Barrier	 Dive Deeper	 Brainstorm and Expand Solutions
Refuses professional help to deal with their feelings	• Why don't they want to seek help? Do they feel a stigma or shame in asking for or receiving help? • How might speaking with a professional be beneficial (e.g., medication, evidence-based practices)? • Are there other patients who can share their positive experience receiving professional mental health treatment?	• Use reliable websites or resources like: – Substance Abuse and Mental Health Services – American Psychological Association (APA) Psychologist Locator – Anxiety & Depression Association of America – Online Peer-to-Peer
Blames starting on dialysis or having a short-term setback for making them feel this way	• What activities can patients do to promote better mental health? (e.g., join a support group, walking, meditation) • Have other patients experienced similar feelings? • Are they willing to accept feeling bad for months?	• Provide educational material: – Mental Health Myths and Facts – Caring for Your Mind and Body – Feelings
Hesitant to talk to the dialysis facility about mental health	• How can the dialysis facility staff build trust with patients? • Is there one person at the center with whom they feel comfortable sharing? • Are there any local or online support groups available? • Who else in the healthcare network might be able to talk about options for mental health treatment? • Ask patients what it would look like to return to church or family functions.	• Reach out to the social worker to help find local support groups. • Check: – AARP Mental Health Center – End Stage Renal Disease (ESRD) Network Map



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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>