



Longwood
SEMINARS

Decoding Depression

April 10, 2019

Depression affects an estimated 300 million people worldwide and research now shows that the mood disorder can strike men and women in dramatically different ways. During this seminar, Harvard Medical School mental health experts will discuss how to identify the signs and symptoms of depression, who is at greater risk for depression and how effective treatment can differ for men and women.

#HMSMiniMed



Decoding Depression

About the Speakers

Michael Craig Miller, MD



Dr. Miller is Harvard Medical School assistant professor of psychiatry, part-time, and on the medical staff at Beth Israel Deaconess Medical Center. He is senior editor of mental health publishing for Harvard Health Publishing and served as editor in chief of the Harvard Mental Health Letter. His writing on mental health has appeared in newspapers and magazines nationwide, he has been a commentator on the Today Show, CNN, NPR and ABC News. He is board certified in Psychiatry and Forensic Psychiatry.

Jacqueline Olds, MD



Dr. Olds is Harvard Medical School associate professor of psychiatry, part-time, and a consultant in psychiatry at Massachusetts General Hospital and McLean Hospital. Along her husband, she has conducted in-depth clinical research and published three books on social isolation and long term marriage. They also created a company that makes a wearable sensor for detecting bright light through the eyes.



Decoding Depression

Supplemental Reading

Articles

Shared genes link depression, schizophrenia, and three other mental illnesses

Harvard Health Publishing

Jordan Smiller (HMS) is quoted

<https://www.health.harvard.edu/blog/shared-genes-link-depression-schizophrenia-and-three-other-mental-illnesses-201303015944>

Women and depression

Harvard Health Publishing

<https://www.health.harvard.edu/womens-health/women-and-depression>

Mental Health on The Line

Harvard Medical School News

Ateeve Mehrotra (HMS) and Sherri Rose (HMS) are quoted

<https://www.health.harvard.edu/womens-health/women-and-depression>

Videos

Depression in men: Getting the right treatment

Youtube

https://www.youtube.com/watch?time_continue=149&v=Vj1bnfNaVBE

Further information can be found at [Harvard Health Publications](https://www.health.harvard.edu/) (<https://www.health.harvard.edu/>).

Sign up for [Harvard Medicine News](https://hms.harvard.edu/news/sign-email-communications) (<https://hms.harvard.edu/news/sign-email-communications>) to receive weekly updates on scientific research, medical education and community news from Harvard Medical School.

Sign up to receive future issues of [Harvard Medicine](https://hms.harvard.edu/news/sign-email-communications) (<https://hms.harvard.edu/news/sign-email-communications>). The magazine of Harvard Medical School presents topics ranging from space-based medical research to climate change and human health. The magazine captures the work of the HMS faculty, students, and alumni and illuminates their contributions to human health.



The 2019 Longwood Seminars supplemental reading materials will be available online at hms.harvard.edu/minimedschool. For your convenience, listed below are locations of Boston Public Library branches where you can also access the reading packet online.

Allston/Brighton

Brighton Branch

40 Academy Hill Rd., Brighton, MA 02135
617.782.6032

Honan-Allston Branch

300 N. Harvard St. Allston, MA 02134
617.787.6313

Charlestown

Charlestown Branch

179 Main St., Charlestown, MA 02129
617.242.1248

Dorchester

Fields Corner Branch

1520 Dorchester Ave., Dorchester, MA
02122
617.436.2155

Downtown Boston

Central Library

700 Boylston St., Boston, MA 02116
617.536.5400

East Boston

East Boston Branch

365 Bremen St., East Boston, MA 02128
617.569.0271

Hyde Park

Hyde Park Branch

35 Harvard Ave., Hyde Park, MA 02136
617.361.2524

Jamaica Plain

Jamaica Plain Branch

30 South St, Jamaica Plain, MA 02130
617.524.2053

Mattapan

Mattapan Branch

1350 Blue Hill Ave., Mattapan, MA 02126
617.298.9218

Roslindale

Roslindale Branch

4246 Washington St., Roslindale, MA 02131
617.323.2343

Roxbury

Parker Hill Branch

1497 Tremont St., Roxbury, MA 02120
617.427.3820

South Boston

South Boston Branch

646 East Broadway, South Boston, MA 02127
617.268.0180

West Roxbury

West Roxbury Branch

1961 Centre St., West Roxbury, MA 02132
617.325.3147

More Boston Public Library branches can be found online at:

http://www.bpl.org/branches/index_by_neighborhood.htm or by calling 617.536.5400



Local Mental Health Resources

If you, a friend or family member are seeking mental health support in the Boston area, please see the local resources listed below. Additional services are also mentioned.

The Brookline Center for Community Mental Health

Brookline, MA
41 Garrison Rd, Brookline, MA 02445
617.277.8107
www.brooklinecenter.org

Massachusetts Mental Health Center

Mental health clinic in Boston, MA
75 Fenwood Rd, Boston, MA 02115
617.626.9300
<https://www.mass.gov/locations/massachusetts-mental-health-center>

Fenway Health

Behavioral Health Department: Psychiatry
See website for three local locations offering
psychiatric help
617.927.6202
<https://fenwayhealth.org/care/behavioral-health/psychiatry/>

Samaritans

Suicide intervention, prevention and
postvention.
41 West St., 4th Floor, Boston, MA 02111
Call or Text 24/7 Helpline 877-870-4673
Email: info@samaritanshope.org
<https://samaritanshope.org/>

National Suicide Prevention Lifeline

1.800.273.8255
This 24/7 free line provides people in
need of help with professional
confidential support. Learn more at:
<https://suicidepreventionlifeline.org/>

Beth Israel Deaconess Medical Center

Psychiatry department
330 Brookline Ave, Boston, MA 02215
617.667.4735
<https://www.bidmc.org/centers-and-departments/psychiatry>

NSMHA

*North Suffolk Mental Health
Association*
See website for locations and phone
numbers
<http://northsuffolk.org/services/emergency-services/boston-emergency-services-team/>

NAMI

National Alliance on Mental Illness
Help line: 800.950.6264
Text: NAMI to 741741
<https://www.nami.org/>

