

# Impact of Depression on the Family

1. All family members suffer emotionally
2. Families blame each other
3. All family members lose time and energy for leisure activities
4. Economic
5. Frequent disruption of life routines
6. Few social relationships
7. Stress
8. Grief and mourning
9. Lower quality of physical and mental health
10. Stigma
11. Disappointment related to changing goals

