

# DEPRESSION AS A SPECTRUM

From time to time  
feeling sad or  
blue, feeling "in  
a funk"  
occasionally

Debilitating  
depression:  
Individual  
cannot get out of  
bed, may be  
suicidal



Where do we draw the  
line? What constitutes  
clinically significant  
depression?

# The Depressive Spectrum

**L Darling-Hammond**



## **The Depressive Spectrum:**

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