

Feeling sad and tired?

Not enjoying anything anymore?

Unable to carry out your usual activities?

Feeling like that for more than two weeks now?

If you answered "yes" to these questions, you may have:

DEPRESSION

Let us help you know what you can do.

What is depression?

- » Depression is a common medical condition.
- » Depression is a mood disorder that affects your thoughts, feelings and behaviours.
- » Depression leads to difficulty in carrying out daily activities.

Like any other medical condition,

depression can happen to anyone.



What are the signs and symptoms of depression?



People with depression may experience some of the following main symptoms for at least 2 weeks:



Persistent sad or anxious mood



Low interest in activities that used to be enjoyable



Fatigue and loss of energy

In addition to some other symptoms, such as:



Irritability



Hopelessness



Reduced concentration



Thoughts of self-harm/suicide



Feelings of guilt and worthlessness



Appetite problems (significant weight loss or gain)

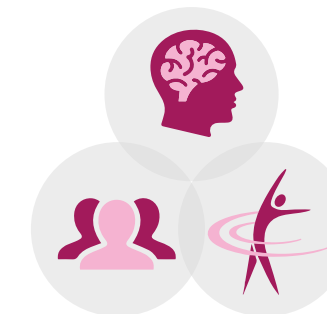


Increased or decreased sleep

What causes depression?

Biological factors

such as chronic illness (heart disease, chronic pain or cancer)



Social factors

such as unemployment or family problems, displacement or in situation of refuge, wars and armed conflicts

Psychological factors

such as adverse childhood experiences

Depression is caused by a combination of biological, psychological and social factors. **Yet, some cases of depression may have no clear cause.**

Can depression be treated?

Yes No

How is depression treated?

Treatment may include various options:



Psychosocial support

- Talking with people you trust as most people feel better after they talk about their feelings with someone who cares about them.
- Keeping your relationship with your friends.
- Trying to find solutions for your problems.



Psychotherapy

Talk therapies that have proven to be effective such as Cognitive Behavioural Therapy (CBT) and Inter-Personal Therapy (IPT).



Pharmacological treatment

(after consulting with your doctor)

Antidepressants that take 2 to 4 weeks to start showing effect. The treatment usually lasts for 1 year or more in some cases.

It is possible to combine many of these options to achieve the best results.

How YOU can help yourself?



Continue doing or reengage yourself in activities you enjoy (even if you do not find them interesting anymore).



Maintain a regular sleep cycle:

- Getting out of bed at the same time every day even if the quality of sleep was not good in the previous night.
- Avoiding staying in bed during the day.



Exercise regularly:

- Walking 45 minutes 3 times a week.



Join social activities.



Avoid resorting to negative ways to try to relieve symptoms of depression such as drinking alcohol or taking medications without a prescription because they are not useful and may lead to negative consequences.

If you think you may have depression, or know someone who has depression, seek professional care as soon as possible.

The earlier you seek treatment, the more effective it is.

What are the benefits of visiting a healthcare provider?

The healthcare provider can:

- help you identify warning signs early (such as severe weight loss, suicidal thoughts, and others).
- help you find the best treatment option for you.
- screen for other medical conditions you may have.
- provide psychosocial support.
- refer you to mental health specialists who can help you further, if needed.



Pay attention to ideas of self-harm or suicide; if these thoughts occur, seek help immediately.

Always remember, it is the depression that is causing you to have unrealistic negative ideas about yourself, your life and your future.



Questions:

If you have any questions, write them down below in order to discuss them with your health care provider during your next visit:



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