

# DEPRESSION

Everyday "blues" or sadness is not a depressive disorder.

A major depressive disorder lasts for at least 2 weeks and affects a person's ability to work, to carry out usual daily activities and to have satisfying personal relationships.

Depressive disorder affects 6.8 % of adults in a given year

Median age of onset is 32 years of age; more common in females

## **Symptoms of depression:**

Sad mood

Loss of enjoyment and interest in activities

Lack of energy and tiredness

Feeling worthless

Feeling guilty

Thinking often about death or wishing to be dead

Difficulty concentrating or making decisions

Moving slowly

Sometimes becoming agitated and unable to settle

Having sleeping difficulties or sleeping too much

Loss of interest food or eating too much

Depression affects emotions thoughts, behavior and physical well-being

## **Causes of depression**

No single cause

People may become depressed when something distressing has happened and they feel powerless to control the situation.

Such as:

A break-up of a relationship

Long term poverty

Loss of job or difficulty find a new one

Having an accident resulting in long term disability

Being a victim of a crime.

Developing a long term physical illness

Death of a partner, family member or friend

Depression is believed to be caused by changes in natural brain chemicals called neurotransmitters. One of these transmitters is serotonin- a mood- regulating brain chemical

## MENTAL HEALTH FIRST AID ACTION PLAN

A- assess for risk of suicide or harm

L- listen non-judgmentally

G - give reassurance and information

E - encourage appropriate professional help

E - encourage self-help and other support strategies

RESOLVE CRISIS NETWORK (local)

1-888-796-8226

Call before a crisis becomes a crisis