

Understanding Depression





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What is depression?

Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks.

Common Symptoms of Depression



LOST OF INTEREST IN THINGS THAT BRING JOY



FEELINGS OF GUILT AND WORTHLESSNESS



IRRITABILITY



FATIGUE



OVEREATING OR APPETITE LOSS



TROUBLE CONCENTRATING



DISTURBED SLEEP



SUICIDAL THOUGHTS OR ATTEMPTS



Depression affects everyone

Large numbers of children, adolescents, middle-aged groups and the elderly, both men and women, of different religions, residing in urban and rural areas and slums of India are suffering from depression.

What are the risk factors for Depression?

Loss of a loved one, Social or financial stresses, Family history of depression, Chronic medical condition. Some individuals can experience loneliness and feeling low for no apparent reason at all.

Depression can and should be treated

Depression is not a sign of weakness or a defect in character. People with Depression cannot get better simply by “pulling themselves up by their bootstraps”

Depression is as real as other medical conditions such as cancer and diabetes and can and should be treated.

If you think you have depression, seek help from a mental health professional.



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What can you do if you think that you are depressed?

- **Talk to someone you trust about your feelings. Most people feel better after talking to someone who cares about them.**
- **Remember that with the right help, you can get better.**



Keep up with activities that you used to enjoy when you were well.

Stay connected. Keep in contact with family and friends.



Exercise regularly, even if it's just a short walk.

Stick to regular eating and sleeping habits.



Accept that you might have depression and adjust your expectations. You may not be able to accomplish as much as you do usually.

Avoid or restrict alcohol intake and refrain from using illicit drugs; they can worsen depression.



If you feel suicidal, contact someone for help immediately

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* http://origin.searo.who.int/india/topics/depression/about_depression/en/