

Understanding Depression

WORKPLACE
TRAINING
& SUPPORT
SERVICE

What is Depression?
Symptoms of Depression
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Treating Depression

What is Depression?

Life is full of ups and downs. It is normal to feel sad or angry from time to time. These everyday feelings are NOT depression.

Depression is a mental illness that impacts our body, thoughts and feelings. Depression affects our ability to do everyday things, feel pleasure or take interest in activities. It also affects how we think about ourselves and our daily experiences.

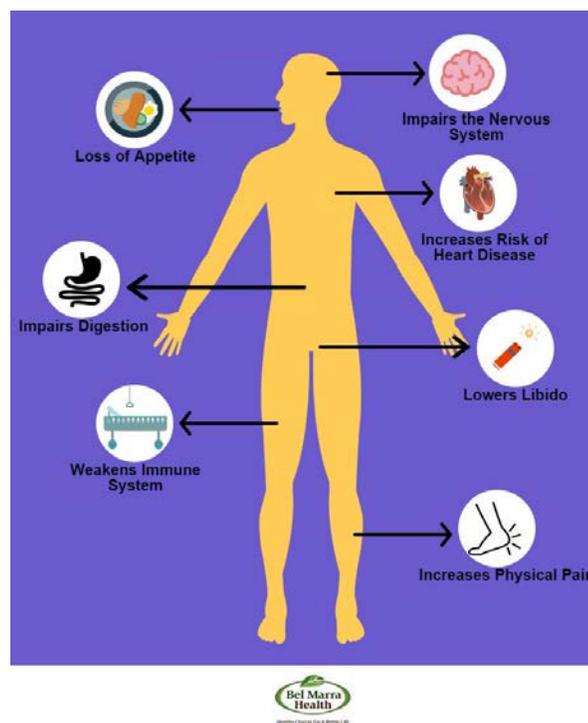
People who suffer from depression describe feeling upset, sad, angry, restless, irritable; or they report not being able to feel anything at all. It is important to keep in mind that depression can affect us all, but that it is very treatable.

Symptoms of Depression

Recognising symptoms of depression enables us to either seek help for ourselves or for people close to us. Not everyone with depression experiences the same symptoms; some people may have a few while others may have more. Symptoms of depression include:

- Feeling sad, anxious, angry or 'empty'.
- Loss of interest in once pleasurable activities.
- Decreased energy
- Difficulty staying focused, remembering or making decisions.
- Changes in sleep patterns.
- Changes in appetite/weight.
- Thoughts of self-harm or suicide.
- Physical symptoms such as headaches, upset stomach, back pain...

Effects of Depression on the Body



Treating Depression

Getting the right type of help and getting it early will assist in quickest recovery.

If symptoms of depression last for two weeks or more, are affecting your functioning at home/work etc.; we advise that you consult your GP.

Your doctor will be able to rule out any physical problems that may be the cause symptoms of depression.

They will also be able to assess you for depression and if needed refer you to a psychologist or a psychiatrist for treatment. In addition, they may issue medication to help alleviate some of the symptoms.