



UNDERSTANDING DEPRESSION

Depression is a mood disorder characterized by prolonged feelings of sadness, low mood, irritability or a general loss of interest in things.

1 in 8 Canadians are affected by depression.

(Canadian Mental Health Association)


COMMON EXPERIENCES

Physical Signs

- Sleeping difficulties
- Appetite and weight changes
- Low energy
- Restlessness, irritability
- Lack of concentration

Thought Patterns

- Persistent negative thoughts
- Indecisiveness
- Feelings of hopelessness, guilt or worthlessness
- Thoughts of self-harm or suicide



More than a quarter of a million Canadian youth experience major depression each year.

COPING STRATEGIES

Practice self-care, such as eating nutrient rich foods and exercising regularly

Get adequate sleep

Talk to a friend or loved one

Do an activity each day (journaling, getting outside)

SUPPORTING A LOVED ONE

- Encourage them to seek professional help
- Provide reassurance and empathize with them about their feelings
- Spend quality time together

If you have any concerns, please talk to your physician/a medical professional.