

DEPRESSION

Depression is one of the most common & most treatable Mental Illnesses.

Signs & Symptoms

- ❑ Unusually sad or irritable mood that does not go away.
- ❑ Loss of enjoyment & interest in activities that used to be fun.
- ❑ Lack of energy & motivation – constantly feeling tired.
- ❑ Feeling worthless or guilty when not really at fault.
- ❑ Thinking about death a lot or wishing they were dead.
- ❑ Difficulty concentrating or making decisions.
- ❑ Feelings of extreme impatience, irritability or short tempered.
- ❑ Changes in sleep (too much or too little).
- ❑ Changes in weight or appetite.
- ❑ Withdrawal from family & friends.

Only a trained professional can diagnose someone with depression. Talk to your

doctor if you are experiencing any of these signs & symptoms.

How Can You Help Someone?

- **Treat the person with respect.** Talk in a calm & accepting manner.
- **Encourage them to talk.** Let them know you care & want to help.
- **Be sensitive.** Don't blame, criticize, interrupt or show anger.
- **Offer consistent emotional support & understanding.**
- **Be a good listener** & listen without becoming upset.
- **Don't tell someone to just get better,** "snap out of it" or "get over it".
- **Have realistic expectations.** Don't nag them to do more than they can.
- **Give the person hope for recovery.** Celebrate all achievements no matter how small. Depression is the most treatable mental illness (e.g., medication, counselling, support from family & friends, self help groups & lifestyle changes).
- **Encourage self-help strategies** but don't try to cure or fix their problems.
- **Encourage the person to seek professional help** when symptoms last for weeks & affect a person's daily life functioning.
- **Take action if there is immediate risk.** Contact your local emergency or police.



For more information or support, contact your local **Mental Health & Addiction Services Office.**

For immediate help, contact your local **Emergency Department or Police**

Mental Health Crisis Line

1-888-737-4668

NL Health Line

1-888-709-2929



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