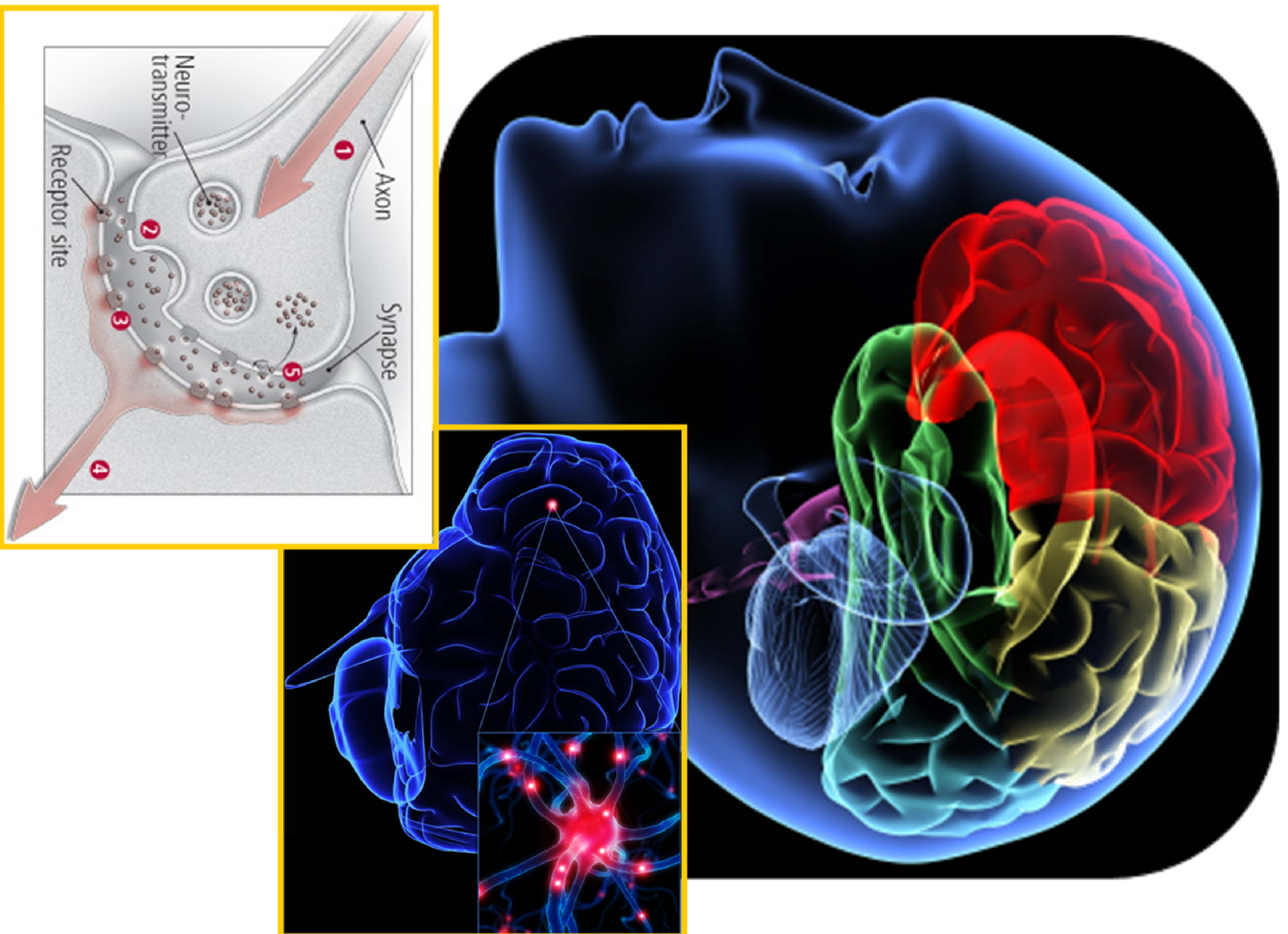


# Depression & the Brain

**Depression** is often treated with antidepressant medications. Antidepressants balance some of the natural chemicals in our brains that affect mood & emotional responses.



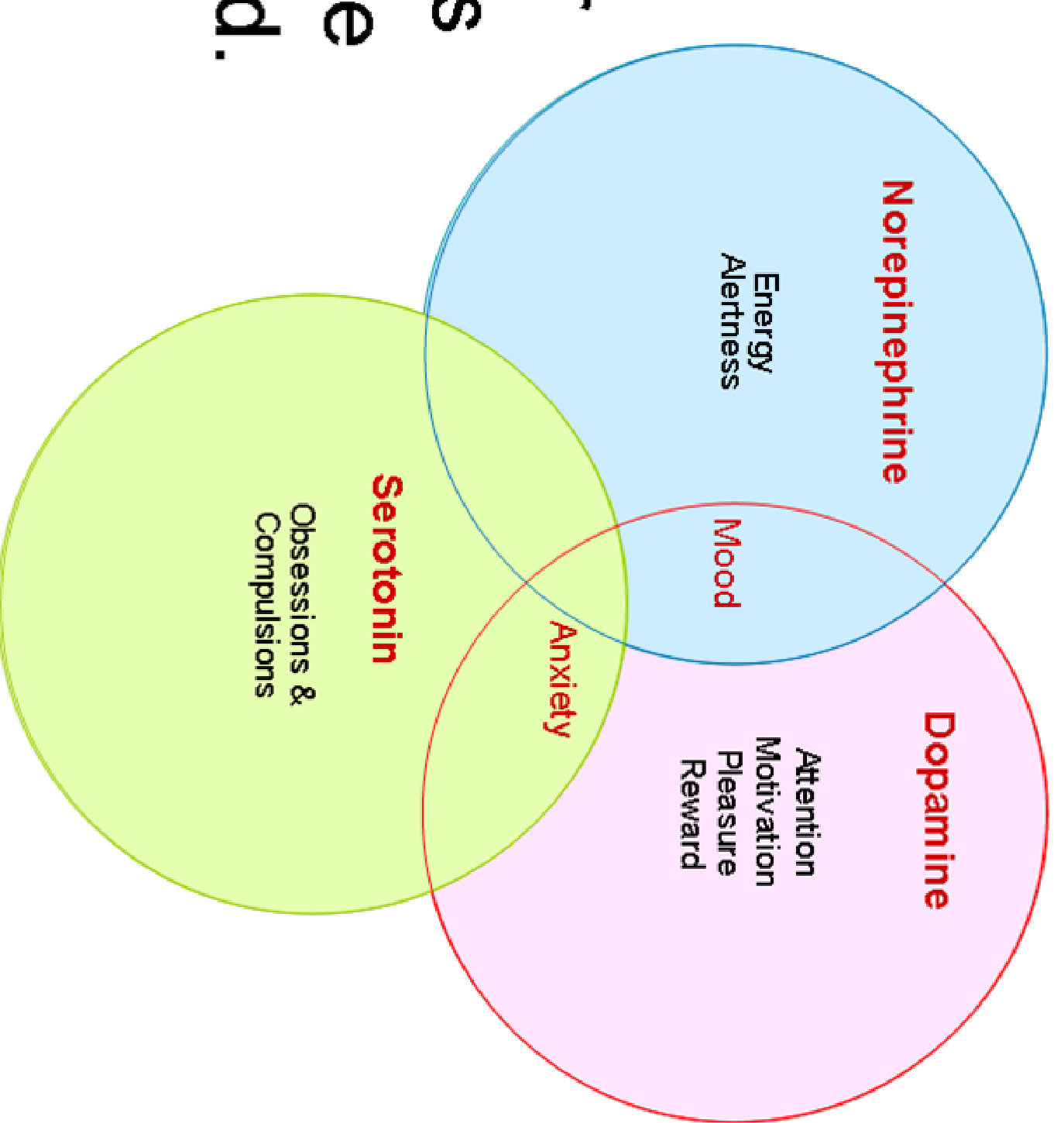
*Antidepressants increase the activity of chemicals such as serotonin, norepinephrine, & dopamine.*

**Serotonin** (sero-to-nin) is involved in controlling many important functions including sleep, aggression, eating, sexual behavior, & mood. Research suggests that a decrease in serotonin can cause depression in some people.

**Norepinephrine** (nor-epi-neph-rine) helps our bodies recognize & respond to stressful situations. This suggests that a lack of this chemical in certain areas of the brain can create depressed mood.

**Dopamine** (do-pa-mine) is important for controlling our drive to seek rewards & pleasure. Low dopamine levels partly explain why people don't have the same pleasure from activities that they did before becoming depressed.

*Just like diabetes or high blood pressure, depression is an illness that may require medication.*



For more information or support, contact your local

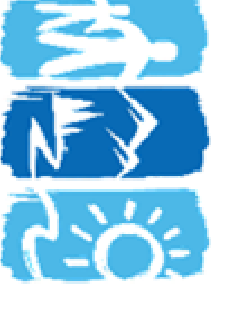
**Mental Health & Addiction Services Office or family doctor.**

Mental Health Crisis Line

1-888-737-4668

NL Health Line

1-888-709-2929



Western  
Health