



## What is Depression?

Depression is a word used to describe a time when a person feels sad, often to the point of feeling worthless or hopeless. You will need professional help when the depressed mood persists and interferes with your daily life.

## What causes Depression?

There is no single cause. Researchers believe people who are depressed may have an imbalance of certain brain chemicals.

## Things that may contribute to the onset of Depression:

- Financial problems.
- Addictions.
- Job problems.
- Personal problems.
- Medical problems.

## What are the symptoms of Depression?

- Feelings of hopelessness.
- Fatigue or loss of energy.
- Sadness.
- Crying for no apparent reason.
- Thinking about suicide.
- Changes in sleep patterns.
- Changes in eating patterns.
- Sexual changes.

## What are the treatments?

Each person is unique and will require different forms of treatment. The most common forms of treatment are counselling and anti-depressant medication.