



# Depression: what you should know

If you think that you might  
have depression, read on...



## What is depression?

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by difficulty carrying out daily activities.
- People with depression also normally experience several of the following: loss of energy; change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; thoughts of self-harm or suicide.
- But don't worry. Depression can be treated – with talking therapies, medication or both.



## What you can do

- Talk to someone you trust about your feelings – most people find that talking to someone who cares about them helps.
- Seek professional help – your local health-care worker or doctor is a good place to start.
- Try to keep doing at least some of the activities that you usually enjoy.
- Stay connected with friends and family.
- Exercise regularly – even if it's just a short walk.
- Stick to regular eating and sleeping habits as much as possible.
- Avoid or restrict alcohol intake and don't use illicit drugs – they can make depression worse.
- If you feel suicidal, contact someone you trust for help, or ring the emergency services.

**REMEMBER:** With the right support,  
you can get better – so if you think you might  
be depressed, seek help.

