



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.**

