

Depression

Per the World Health Organization, “Depression is a common mental disorder affecting more than 264 million people worldwide. It is characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities.”

Signs and Symptoms

The main symptom of depression is a sad, despairing mood that is present most days and lasts most of the day. This may last for more than two weeks, and impairs performance at work, school, and/or in social relationships

Other symptoms:

- Changes in appetite
- Sleep problems
- Loss of interest in work, hobbies, sex
- Withdrawal from family and friends
- Feeling useless, hopeless, or guilty
- Having low self-esteem
- Agitation or feeling slowed down
- Irritability
- Fatigue
- Trouble concentrating, making decisions
- Crying easily (feeling like you want to cry)
- Thoughts of suicide



Common Causes

There is no single cause of depression, however, potential triggers of depression include:

- Genetics or family history
- Psychological or emotional vulnerability to depression
- Biological factors such as imbalances in brain chemistry and endocrine system
- Major stress

Treatment

The main treatment for bipolar disorder is medication and psychotherapy. Both treatments might be needed to bring symptoms under control, but usually medications are the first step. A prescription is required for medications to treat bipolar. If you believe you should get into contact with your healthcare provider for both diagnosis and subsequent treatment options.

Self - Assessment

<https://www.heretohelp.bc.ca/screening/online/>

The above link connects to an online screening tool that will help you become aware of possible risk factors you may need to address with a healthcare provider.



PLEASE NOTE: THIS IS NOT A DIAGNOSTIC TOOL