



DEPRESSION

What is Depression?

Depression can look different for different people.

Common symptoms include:

- Sad or low mood
- Sleep disturbances
- Lack of interest in hobbies or social activities
- Withdrawal from friend and family support systems
- Feelings of hopelessness, guilt, uselessness
- Low self esteem • Irritability
- Trouble concentrating
- Thoughts of suicide

Who can have Depression?

Depression can be caused by genetic factors, major life stressors, hormones, big life changes, trauma, certain physical illnesses, or medications. Males and females of all age groups can experience depression. Females tend to experience sadness and low self-esteem, while males are more likely to feel angry and be irritable.

Should I be concerned?

While feelings of sadness and other symptoms of depression can be normal, at times these symptoms begin to reach an intensity which can affect all aspects of the person's life. If these symptoms are present most days for a period lasting more than two weeks, or the individual is experiencing significant impairment in school/work performance and attendance, it may be time for them to seek professional support. If the individual is experiencing suicidal thoughts you should begin a conversation with them to determine their level of risk and need.



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How can I help?

Ask them how long they have felt this way, if they know how they would do it, do they have a plan of when and where? If their answers show that they have a detailed and immediate plan, professional assistance should be contacted as soon as possible. If you don't believe the danger is imminent, you can talk to the individual about how they can seek support, how they can stay safe, and what they can do to relieve some of these feelings.

Resources

- <http://depressionhurts.ca>
- <https://www.mooddorders.ca>
- https://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/depression/Pages/default.aspx
- <http://www.amhs-kfla.ca>
- <https://www.kidshelpphone.ca> (1-800-668-6868)
- Distress Line (Kingston) – 613-544-1771