

WHAT IS DEPRESSION?

Most people have felt sad or depressed at times. Feeling depressed can be a normal reaction to loss, life's struggles, or an injured self-esteem.

But when feelings of intense sadness including feeling helpless, hopeless, and worthless - last for more than two (2) weeks and keeps you from functioning normally, your depression may be something more than sadness. It may very well be clinical depression - a treatable medical condition.

SYMPTOMS OF DEPRESSION

- Low or sad mood
- Alteration in sleep pattern
- Alteration in food intake in severe refuse drink
- Worthless and hopeless feelings
- Lack of interest in sexual function
- Lack of motivation
- Anxiety; feeling nervousness
- Negative thought about the self, world and future
- Feelings of guilt
- Unable to concentrate
- Hallucination
- Suicidal thought

TYPES OF DEPRESSION

All depression types are not the same

Endogenous or Major Depression

This is, in general, the more severe type of depression. It can come on without any apparent cause although some cases, a distressing event might trigger the condition.

The cause is not well understood, but it is believed to be associated with as chemical imbalance in the brain.

Endogenous depression can develop in people who have coped well with life, who are good at their work and happy in social and family relationships.

Bipolar Disorder (Manic Depression)

A person with Bipolar Disorder undergoes periods of endogenous depression alternating with periods of mania involving extreme happiness, over activity, rapid speech, a total lack of inhibition and, in some serious instances, delusions of grandeur. Sometimes only periods of mania occur.

Reactive Depression

People with this illness react to distressing situations in their lives (e.g. the failure of marriage or close relationship, loss of job) to a greater degree than in average or usual way.

This **depression** is more intense than the unhappiness experienced in daily life, it lasts longer and the symptoms often include anxiety, poor sleep and loss of appetite,

The time which reactive depression lasts varies. It usually goes away when the cause is removed or when the person finds a new way to cope with the stress.

Post Natal Depression

The so-called 'baby blues' affect about half of all new mothers. They feel mildly depressed, anxious, tense or unwell. This type of depression may last only hours or for a few days, then disappears.

Emotions range from anxiety, fear and sadness with some mothers suffering panic attacks or becoming tense and irritable. There may be a change in appetites and sleep patterns.

A severe, but rare form of postnatal depression can result in Post-Partum Psychosis. The woman is unable to cope with her everyday life and manic or depressive symptoms predominate.

WHAT CAUSES THIS TYPES OF DEPRESSION?

1. Genetic: if there is family history of depression, alcoholism and mood related problems.
2. Psychological & Social factors such as life events, loss of loved ones, mothers after childbirth, old age, loss of mother at an early age, lack of confiding relationship, unemployment, marital problems, stress, chronic medical illnesses, alcohol, etc.
3. Neuro-chemical: Chemical imbalance

WHAT CAN BE DONE ABOUT THIS CONDITION?

Even though there are solutions, the majority of people fail to get the treatment.

A reluctance to speak about this, poorly trained medical personnel can contribute to the undetected and early diagnosis.

The good news is that there are now clear guidelines to treat these illnesses. There are antidepressants, medications, psycho- logical treatment and social support.

Depression is curable if undetected or under-treated could result in disability or suicide.



WE CAN HELP YOU

For your mental health and psychological wellbeing
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1801030

Monday - Friday (8:00am - 4:00pm)

**THERE IS NO HEALTH
WITHOUT MENTAL HEALTH**

DEPRESSION

Information for individuals, partners and families



Ministry of HEALTH

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