

HEALTH REALLY MATTERS

Depression: You are not alone

Quick Facts about Depression

- It is a treatable medical illness like high blood pressure or diabetes.
- Over one million Canadians suffer from some form of depression.
- It may occur in up to 25% of women, almost twice as many as men.
- Most people cannot simply “get over” depression on their own.
- In severe cases people can have thoughts about suicide.
- It is important to talk to someone if you feel you may be depressed.

Symptoms and Causes

- The main symptoms of depression are sleep problems, changes in appetite, avoiding family or friends, loss of interest in your usual activities, being tired, trouble concentrating, feeling slowed down and crying easily.
- Symptoms will be different from person to person.

- These symptoms are present most days and last for more than two weeks.
- They can affect your work, school or social relationships.
- What causes depression?
 - Having a family history can be a factor.
 - Stressful life events (having a baby, death of a loved one, divorce).
 - Imbalances in the brain’s chemistry.
 - A reaction to an illness such as a heart attack or cancer.
 - An illness that causes changes to the brain such as after a stroke.
 - Health problems like hypothyroidism or anemia can cause symptoms of depression.

Treatments

- Medication (antidepressants)
 - There are several different types of medicines to consider.
 - It may take several weeks to start to feel better.
 - Needs to be taken regularly for as long as decided by you and your doctor (this is usually at least 6 months for your first episode of depression).



- Talk therapy (psychotherapy, counselling):
 - Can happen one-on-one or in a group setting.
 - Can help to work through issues in life that are related to depression.
- Healthy life habits.
- Proper nutrition, exercise and sleep can all help.

Your Pharmacist can

- Discuss benefits and possible side effects of medicines and help you get the most out of them.
- Work with you and your doctor to make sure your medicine is right for you.
- Help to connect you with community supports.
- Suggest ways to make it easier to take your medications regularly.

Find more great information and tools here

Call 911 or your local emergency services if you or someone you know is seriously thinking of suicide.

- Healthlink BC: <http://goo.gl/bmg7P6>
- Interactive tool: Are you Depressed? <http://goo.gl/3GkfnI>
- Depression Hurts.ca <http://goo.gl/rBN2ZT>
- Doctor Discussion Guide: <http://goo.gl/KHPpcH>
- Symptom checklist: <http://goo.gl/QrHuw2>
- CANMAT (Canadian Network for Mood and Anxiety Treatments): <http://goo.gl/iR8mf0>
- Here to Help BC: <http://goo.gl/Ech1PL>
- CAMH (Centre for Addiction and Mental Health): <http://goo.gl/8GWKpD>

Notes: