

More Than Just Being Sad:

UNDERSTANDING DEPRESSION

陪我講 SHALL WE TALK


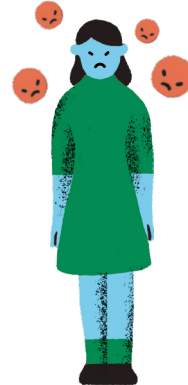




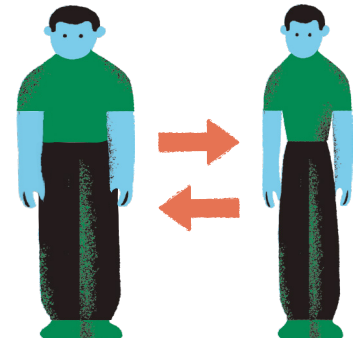


What is depression?

Depression is a common mental disorder. There are a few types of depression. Major depressive disorder is a more severe type. Its symptoms include persistent depressed mood, loss of interest, negative thoughts and more. These symptoms affect the persons' everyday life such as their performance at work and in social situations. Depression may increase the risk of suicide.

What are the symptoms of depression (major depressive disorder)?

Major symptoms include:

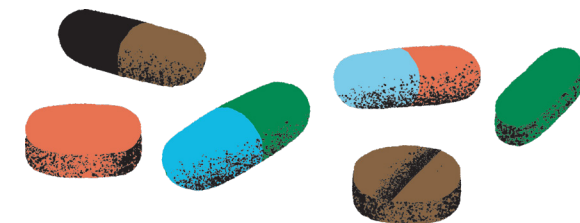
-  Persistent depressed mood
-  Increased irritability
-  Feelings of worthlessness or excessive guilt
-  Insomnia or hypersomnia
-  Diminished interests or pleasure in hobbies or daily lives
-  Recurrent thoughts of death or suicide
-  Marked increase or decrease in appetite
Significant weight gain or weight loss



If you persistently have some of the symptoms above for at least two weeks and feel that your everyday life, work or learning has been affected, please consult a doctor or clinical psychologist for professional assessments to receive the necessary help or treatment as required. Earlier treatment is better for recovery.



How to treat depression?



A Medication

Antidepressants, such as selective serotonin reuptake inhibitors (SSRIs) and serotonin and norepinephrine reuptake inhibitors (SNRIs) can relieve the symptoms of depression and prevent relapses.

B Psychological treatment



Psychological treatment such as cognitive behavioural therapy helps the person to examine the existing negative thoughts and behavioural patterns. It also encourages the person to adopt new ways of thinking and acting, so that positive life experiences can be accumulated while prior negative thoughts can be altered. The depressed mood can gradually be improved.

Depression can be treated. If you think that you may be suffering from depression, you should seek help the soonest.

You may help the person by:



Encourage the person to receive treatment



Invite the person to participate in social activities or do exercise



Listen to the person to show support



Observe the symptom changes of the person

For more information:



Consult your doctor



Call the following hotlines:
18111 Mental Health Support Hotline
18111
Hospital Authority Mental Health Direct
2466 7350



Visit shallwetalk.hk



Understanding Depression

精神健康諮詢委員會
Advisory Committee on Mental Health



Department of Health

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