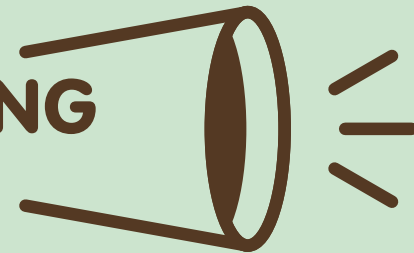




More Than Just Being Sad:
UNDERSTANDING DEPRESSION



What is depression?

Depression is a common mood disorder. Symptoms include persistent depressed mood, loss of interest or energy, negative thoughts and more. These symptoms affect patients' everyday life, such as their performance at work and in social situations. In severe cases, patients may be at risk of suicide.

How common is depression?

3%

of Hong Kong adults have depression



women
3.5%



men
2.2%



The chance of getting depression increases with age



What are the symptoms of depression?

Major symptoms:



Emotional

- Persistent depressed mood



Physical

- Chronic fatigue



Cognitive

- Feelings of worthlessness and despair



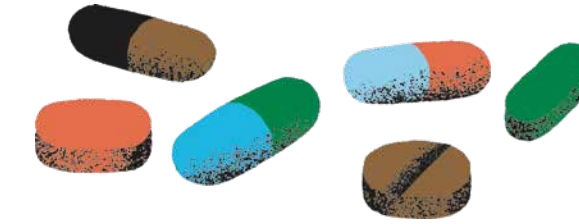
Behavioural

- Losing interest in things one used to like



If you persistently have some of these symptoms 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 and receive necessary help or treatment. Earlier treatment is better for recovery.

How to treat depression?



A Medication

Antidepressants can re-establish the balance of neurotransmitters in the brain that affects our mood, such as serotonin and norepinephrine, to improve the patient's depressed mood. They are effective in preventing relapses.



B Psychological treatment

Psychological treatment (such as cognitive behavioural therapy) can help the patient to examine the negative thinking and behavioural patterns, and encourage them to try adopting new ways of thinking and acting, so that positive experience can be accumulated in life, the previous negative thinking can be overturned, stress can be alleviated and the depressed mood can be improved.

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

Wishing to help the patient to recover? You may:



Be tolerant of the patient's symptoms



Encourage the patient to participate in social activities



Listen to the patient more to show support



Observe the symptom changes of the patient

For more information:



Consult your doctor



Call and consult these departments:
Hospital Authority Mental Health Direct
2466 7350
Social Welfare Departmental Hotline
2343 2255



Visit
shallwetalk.hk



Understanding Depression

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



Department of Health