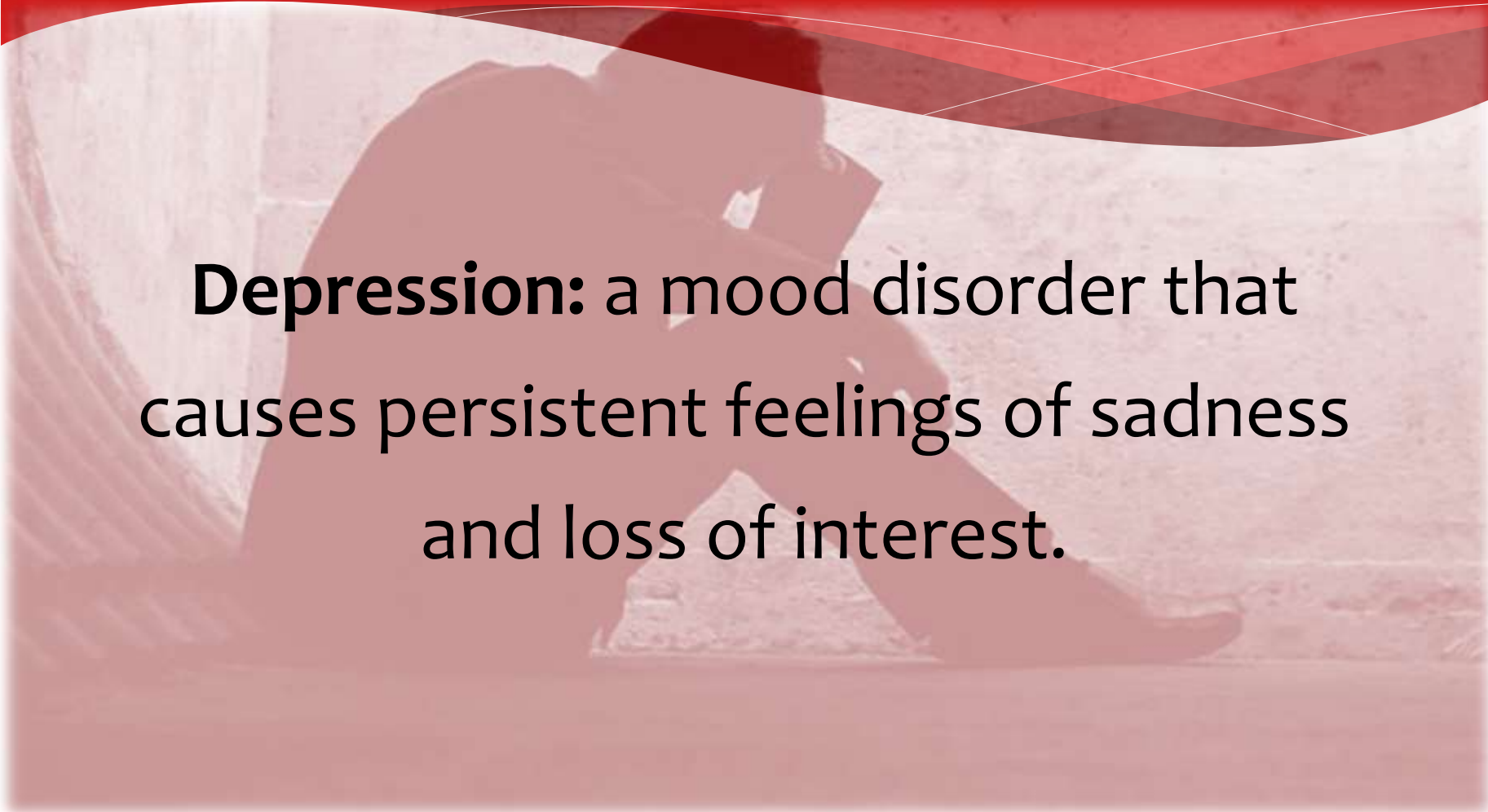


Depression

More Feet on the Ground

UNDERSTANDING DEPRESSION

What does it mean?



Depression: a mood disorder that causes persistent feelings of sadness and loss of interest.

TYPES OF DEPRESSION



- Major Depressive Disorder
- Persistent Depressive Disorder
- Seasonal Affective Disorder
- Psychotic Depression
- Post-Partum Depression

Causes and Contributing Factors

- Brain chemistry
- Genetics
- Hormones
- Other illnesses
- Medications
- Substance abuse
- Stress
- Trauma
- Loss of a loved one



Symptoms of Depression

Primary symptoms:

1. Depressed mood or loss of interest/pleasure in daily activities
2. Difficulty with day to day functioning

Other symptoms may include:

- Significant change in appetite or weight
- Difficulty sleeping or sleeping excessively
- Feelings of guilt/worthlessness
- Indecisiveness or decreased ability to concentrate
- Slowed thoughts and reduced physical movements
- Suicidal thoughts or actions

Non-Suicidal Self Injury

Deliberate, non-suicidal behaviour that includes inflicting physical harm on one's body to relieve emotional distress.



DID YOU KNOW...

All of these people once struggled with self-injury?

- Russell Brand, Comedian
- Drew Barrymore, Actress
- Jonny Depp, Actress
- Angelina Jolie, Actress
- Demi Lovato, Singer
- Princess Diana

Suicide

Suicide is the act of ending one's own life.

Suicidal Ideation includes thoughts about ending one's own life, ranging from fleeting thoughts to detailed planning.

DID YOU KNOW...

There is no harm in asking if someone you know is considering suicide. It will not put the idea in their head. In fact it may create an opportunity to talk about it!



What to watch for...

Risk Factors:

- Impulsive or aggressive tendencies
- History of trauma or abuse/Family history of suicide
- Easy access to lethal means
- Lack of Social Supports/ health care

WARNING SIGNS!

- Talking or writing about death/suicide
- Feelings of hopeless, helpless, or trapped (like there is no way out)
 - Expressing of anger/rage or excessive guilt/shame
 - Writing a will or avoiding making plans for the future

Depression can be DEADLY

- 90% of suicide victims have a diagnosable mental illness
- 15%-25% of suicide victims have a mood disorder such as Major Depressive Disorder or Bipolar Disorder.
- Suicide is the second leading cause of death amongst Canadians ages 10 to 24.



BUT...

Treatment works!

80% of people diagnosed and treated for depression are able to return to their regular way of living.

Treatment Options

Psychotherapy



Medication



Alternative or Complementary Options



Yoga

Acupuncture

Meditation

Tips and Tricks

for coping with depression

- Set small goals
- Cultivate supportive relationships
- Challenge negative thinking
- Take care of yourself
- Practice mindfulness
- **ASK FOR HELP!** Don't fight depression alone!



Identifying Negative Thinking

Emotional Reasoning

“I feel so stupid, everyone must think I am.”

Diminishing the positive

“She had a good time on our date, but was probably just being nice.”

All-Or-Nothing Thinking

“I can't even do this right, I'm a total failure.”

Jumping to conclusions

“He thinks I am pathetic.”

Labelling

“Failure, ugly, freak, unlovable, stupid, worthless, loser.”

Over-Generalization

“Everyone thinks I am annoying”



www.morefeetontheground.ca

Online training tool focused on recognizing, responding to, and referring students experiencing mental health challenges.

Resources on Campus

Resources in the Community