



Combating Depression

The Common cold of Psychological Disturbance

Just as most of us experience occasional anxiety, we also experience sadness during the course of our lives.

Now, there's an informal, convenient, confidential way to get insight and information – **“Let’s Talk.”**

<p style="text-align: center;">What is Depression?</p> <ul style="list-style-type: none"> • Depression is an emotional state marked by sadness & apprehension, feeling of worthless and guilt, withdrawal from others, loss of sleep, appetite or loss of interest and pleasure in usual activities • Depression has debilitating impact on the quality of life of an individual • Depression can grind life to a standstill and sometimes even result in suicide. 	<p style="text-align: center;">Facts on Depression</p> <ul style="list-style-type: none"> • Depression is not a weakness but a serious health disorder. • More women than men suffer from clinical depression • More than 80% of people suffering from depression respond well to treatment • Depression saps energy & self-esteem, interferes with a person’s ability/wish to get help • Depression is a serious medical illness that effects the emotions and the body
<p style="text-align: center;">Symptoms of Depression</p> <p>When a person is clinically depressed his/her ability to function both mentally and physically is affected.</p> <p>The most common signs of clinical depression include:</p> <ul style="list-style-type: none"> • An empty feeling, ongoing sadness • Tiredness, lack of energy & increased fatigability • Reduced concentration and attention • Sleep problems and diminished or increased appetite • Lack of interest in sex • Low self-esteem and low self-confidence • Pessimistic view of future, Ideas of guilt • Ideas/acts of self-harm and suicide • Overreaction to criticism • Increased alcohol abuse 	<p style="text-align: center;">What Causes Depression?</p> <ul style="list-style-type: none"> • Biological factors produce vulnerability or resilience to stressful life events, changes in the role of women, shift in the occupational patterns and the bewildering array of choices upon the individual which triggers stress and eventually leads to depression • Depression can also result from Psychological causes like feelings of helplessness, hopelessness and despair in coping with losses, lacking required social skills, negative thoughts about oneself, the situation and the future. • A severe psychological trauma may plunge a person into a depressive episode overnight. Depression is also associated with other Psychological issues such as panic attacks, substance abuse and personality disorders.

Get in touch, for a **FREE Consultation at CDFD Campus, (Wednesday 9.30am-6pm)**

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<p style="text-align: center;">What to do when you are Depressed?</p> <p>Recognise that you need assistance at the earliest</p> <ul style="list-style-type: none"> • Break the habit of isolating yourself. Call a friend, go to the park or movies, or attend cultural programs. • Force your power over the power of your depression. Do small things at home- clean the house or jog for an hour. • Don’t talk in weak, sad, voice. Get some comedy movies/ joke books, share with family & friends. Laugh, even if it is a fake laugh. • Don’t let yourself look like you are in pain. Go to the mirror and smile at yourself. 	<p>Depression is a disease and like other disease, it can be treated.</p> <p>A wide variety of treatment options are available and the treatment varies from person to person depending on the nature of the problem.</p> <p>Cognitive Therapy (Helps modify earlier maladaptive thought patterns)</p> <p>Social Skill training (Focused both on appropriate behaviour and on improving skills in understanding the cues people give during social interaction)</p> <p>Medication (Anti-depressant drugs & Electro convulsion Therapy)</p> <p>Exercise</p> <p>Support groups</p>
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The counselling service offers free, friendly drop-in sessions with counselor/therapist at CDFD campus.

It’s a chance to briefly share what’s on your mind, find support, and get recommendations.