

Depression in Adults

Overview

It is normal for us to feel sad and frustrated sometimes but the feelings go away after a while. However, depression is a persistent feeling of sadness that can affect your daily activities such as work, study or daily tasks.



What are the symptoms?

Feeling down most of the time for at least 2 weeks with symptoms of:

- Losing interest in activities previously enjoyed
- Feeling sadness, hopelessness and irritability
- Losing or gaining weight
- Sleeping too much or too little
- Feeling tired
- Feeling guilty and worthless
- Thinking about death or suicide
- Having poor concentration and forgetfulness



What causes Depression?

- Family history of depression
- Medical conditions or medications causing chemical imbalances in the brain
- Negative personality
- Past stressful events
- Substance abuse



Management of Depression

Counselling:

- Psychotherapy can help to identify issues and provide appropriate positive change.



Medications:

- Antidepressant medications can be short or long term.



Support groups:

- In person or online sharing sessions.



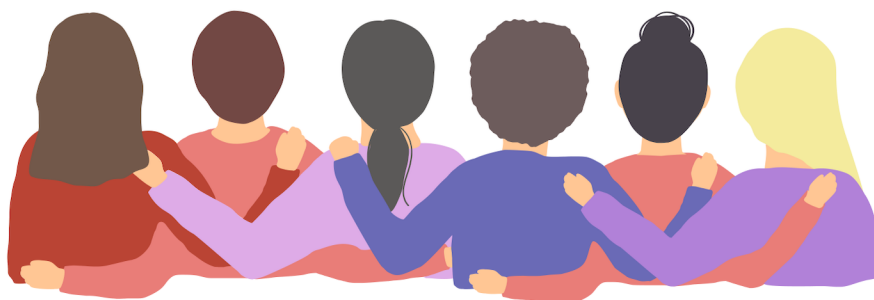
Self-help strategies:

- Different skills for stress management, problem solving and relaxation.



What can you do for your loved ones?

- Understand depression
- Be willing to listen
- Provide emotional support
- Provide physical support
- Encourage them to get treatment
- Provide a low-stress and safe environment
- Monitor for suicidal thoughts



What can you do for yourself?

- Learn about depression
- Express your feelings (to your friends or family / write a diary)
- Maintain a healthy lifestyle
- Avoid consumption of unhealthy substances
- Get help early (Support group / Psychiatrists)



Contributed by Nursing

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