



DEPRESSION

Reduced interest
in activities

Irritability

Sleep disorder

Lack of energy and
constant fatigue

A feeling of emptiness
or sadness



IMPACT OF DEPRESSION

AT ANY POINT IN TIME,
3 TO 5 %
OF ADULTS SUFFER FROM
MAJOR DEPRESSION



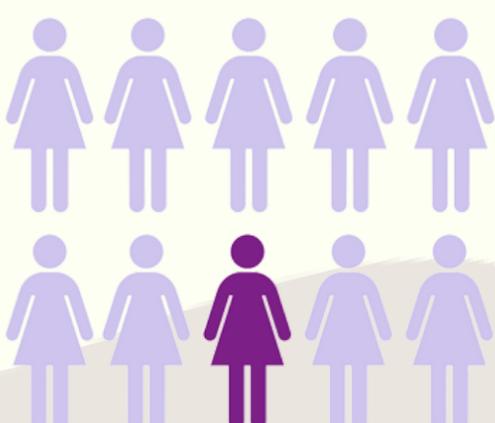
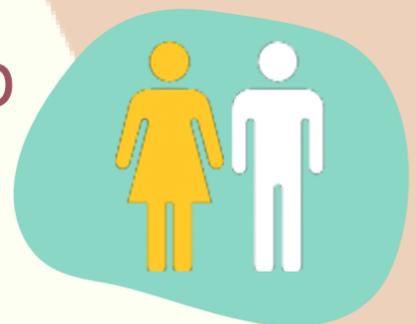
**UNEMPLOYED AND
RECENTLY DIVORCED**
INDIVIDUALS ARE MOST
LIKELY TO SUFFER FROM
DEPRESSION

AS MANY AS
1 OUT OF 50
YOUNG CHILDREN AND
4 OUT OF 50
TEENS MAY HAVE
SERIOUS DEPRESSION



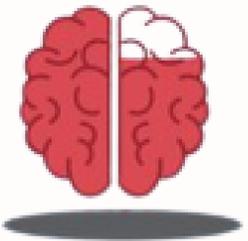
DEPRESSION IS MOST
PREVALENT IN PEOPLE AGES
45-64

WOMEN ARE TWICE LIKELY TO
EXHIBIT SYMPTOMS OF
DEPRESSION AS MEN

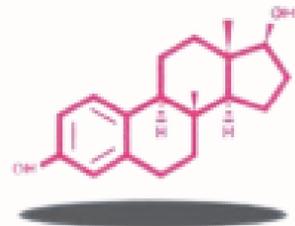


1 IN 10
WOMEN EXPERIENCE
SYMPTOMS OF DEPRESSION
AFTER GIVING BIRTH

8 MOST COMMON CAUSES OF DEPRESSION



**BRAIN
CHEMISTRY
IMBALANCE**



**FEMALE SEX
HORMONES**



**TRAUMATIC
EVENTS**



DRUGS



**GENETICS
AND
BIOLOGY**



STRESS



**PHYSICAL
HEALTH
PROBLEMS**



**POOR
NUTRITION**

DEPRESSION SYMPTOMS

(For More Than 2 Weeks)



ISOLATION

GUILT



CAN'T
CONCENTRATE



SADNESS



HELPLESSNESS



SLEEPING
PROBLEMS



ANGER



THOUGHTS OF
DEATH



ALCOHOL AND
DRUG ABUSE



NO ENERGY



11 UNEXPECTED SIGNS OF DEPRESSION



HEIGHTENED EMOTIONAL RESPONSES



FORGETFULNESS



OVEREATING



COMPULSIVE SHOPPING



EXCESSIVE INTERNET USE



HEAVY DRINKING



SMOKING



UNEXPLAINED PAIN



SELF-NEGLECT



GAMBLING



SHOPLIFTING

Depression Treatment

1

MEET A DOCTOR



DO YOGA

2

3

GET INVOLVED
IN CREATIVITY

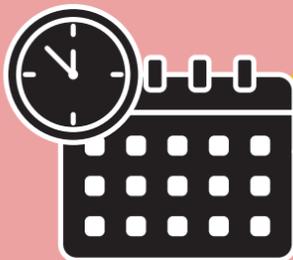


HAVE POSITIVE
THOUGHTS

4

5

SLEEP FOR AT LEAST
8 HRS



FOLLOW A DAILY
REGIME

6

7

LISTEN TO YOUR
FAVOURITE MUSIC



ACTIVELY
COMMUNICATE

8

9

ENJOY TRAVELING



Daily dose
of Vitamin D

TAKE VITAMINS

10