

What is Depression?

Depression is a mood disorder which influences a person's thoughts, emotions, and behaviors adversely and makes it almost impossible for them to pursue their daily activities by disrupting their personal, social and functioning.

There are times when we feel upset, unhappy or pessimistic due to various life events. These kinds of negative feelings do not always indicate clinical depression. In order for a diagnosis of clinical depression the symptoms should be present almost every day for at least 2 weeks.

What are the Symptoms of Depression?

- Feeling depressed, sad and mournful almost every day.
- Loss of interest or pleasure in life
- Recurrent crying
- Sleep deprivation or oversleeping (Insomnia or hypersomnia)
- Recurring fatigue and loss of energy
- Significant changes in appetite and weight
- Difficulty with concentration
- Feelings of hopelessness, worthlessness and guilt
- Decreased sexual interest
- Suicidal thoughts or suicide attempts

Is it Treatable?

Depression is a mood disorder which can be treated. Depending on the severity, duration and characteristics of the symptoms, it can be treated through psychotherapy and/or medication. If untreated, depression may lead to additional emotional problems.

What Should I do?

- You should immediately apply for a therapist to get help
- Struggling with the problem by yourself can be overwhelming and can make it even harder to handle.
- Don't forget that depression is "not" a sign of weakness!
- Negative thoughts are present in depression. Psychotherapy helps you by changing negative thoughts and behavioral patterns.
- Psychotherapy helps you with understanding underlying issues and relationship patterns that led you to feel depressed.