

TREATMENT OPTIONS

- Medications
such as anti-depressants
- Psychotherapy (talk therapy)
such as Cognitive Behavioural Therapy
- Psychoeducational and solution-focused/
psychodynamic group therapies
- Light Therapy
- Support Groups
- Peer Support Lifestyle Changes
- ECT (Electroconvulsive therapy)

WHERE TO GET HELP

- Family Doctor
- Psychiatrist
- Psychologist
- Counselor or Social Worker
- Crisis Phone Lines
- Crisis Stabilization Units
- Employee Assistance Programs
- Family & Friends
- Mood Disorders Association of Manitoba

WE CAN HELP!

Services we provide:

Peer Support
(for consumers & families)
Peer Support Groups
(for consumers & families)
Educational materials
Volunteer Opportunities

For more information

Contact:

Mood Disorders Association of
Manitoba

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Winnipeg, Manitoba

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Telephone: (204) 786-0987

Toll Free: 1 (800) 263-1460

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Regional Office

Let's Talk About it

DEPRESSION



**Mood Disorders
Association of
Manitoba**

Helping Others
Help Themselves

What is Depression?

Depression is a “whole-body” illness involving your body, mood and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely “pull themselves together” and get better. Without treatment, symptoms can last of weeks, months, or years. Appropriate treatment, however, can help most people who suffer from depression.

Who may be at risk for depression?

- People who have a family member with depression.
- People who have experienced a stressful or traumatic life event.
- People who lack the social support of a spouse, friends, or extended family.
- People who abuse alcohol or drugs.
- People who have a chronic medical illness or persistent pain.

SYMPTOMS

- Persistent sad, anxious, “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness
- Loss of interest in things you once enjoyed, including sex
- Insomnia, early-morning awakenings, oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Decreased energy, fatigue, being “slowed down”
- Thoughts of death, suicide, suicide attempts
- Restlessness, irritability
- Difficulty concentrating, remembering, making decisions
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain

Not everyone who is depressed experiences every symptom. Some people experience a few symptoms, some many. Also, the severity of the symptoms varies with individuals.

Adolescents often experience symptoms of irritability, anger, and self-criticism more commonly than feelings of sadness and a loss of energy.

TYPES OF DEPRESSION

Major Depression– is manifested by a combination of symptoms that interfere with: work, sleep, eating, and enjoyment of once pleasurable activities. These symptoms occur without any apparent cause and deepen and persist day-in and day-out for two weeks or longer.

Dysthymia– is marked by mild or moderate depressive symptoms relative to those with major depression, but the symptoms last longer and develop more slowly. On average, symptoms can last 16 years before there is a diagnosis. Sometimes people with dysthymia also experience major depressive episodes.

Seasonal Affective Disorder– is caused by changes in brain chemicals due to decreased exposure to light during the fall and winter months.

Bipolar Affective Disorder– formerly called manic-depressive illness, involves cycles of depression and elation (mania). Sometimes the mood switches are dramatic and rapid, but most often they are gradual. When in the depressed cycle, a person can have all the symptoms of depression. When in the manic cycle, any or all of the manic symptoms may be experienced.