

UNLOCK

WIZARD



DEPRESSION

Its time we take mental health seriously

**CCI
Special**

*The attention & environment you
provide shapes your child's brain
development for life*

**#26
ENGAGE
Series**

With decrease in social interactions with our friends and family, and increase in social distancing the possibility for an individual to feel lonely and sad is normal.

There is a fine line between being depressed and feeling sad. It's the need of the hour that we start understanding the importance of mental illness and create awareness about it. This will help us to reach out for help before it's too late.

DB YaR Forum suggests the following ways to prevent, reduce and understand depression. In severe cases please don't hesitate to reach out for professional help.

Refer to our flipbooks on coping skills for help.

Compiled By: Ms Maheshwari Balan
Researcher, DB YaR Forum

WHAT IS...DEPRESSION?

Depression is a disorder that impacts people's mood and makes them feel sad and lonely a lot. Depression makes it really hard for people to have fun or enjoy things that they used to.



SYMPTOMS

- Feeling sad, guilty, worthless, or hopeless
- Feeling tired all of the time
- Sleeping too much or not enough
- Having trouble focusing
- Not wanting to do fun things
- Eating too much or not enough
- Not liking yourself
- Missing school
- Not wanting to be around other people

DEPRESSION CAN BE CAUSED BY A NUMBER OF THINGS. IT CAN ALSO AFFECT EVERYONE - CHILDREN, TEENS, AND ADULTS ALIKE.

TREATING DEPRESSION

MENTAL HEALTH THERAPY

Talking to a therapist about negative thoughts and feelings can be helpful for someone with depression. Therapy is also a place to learn healthy ways of coping with symptoms.

MEDICATION

Sometimes medication might be helpful. Depression can impact the way that our brain works, and medication can help to fix it and make us happier.

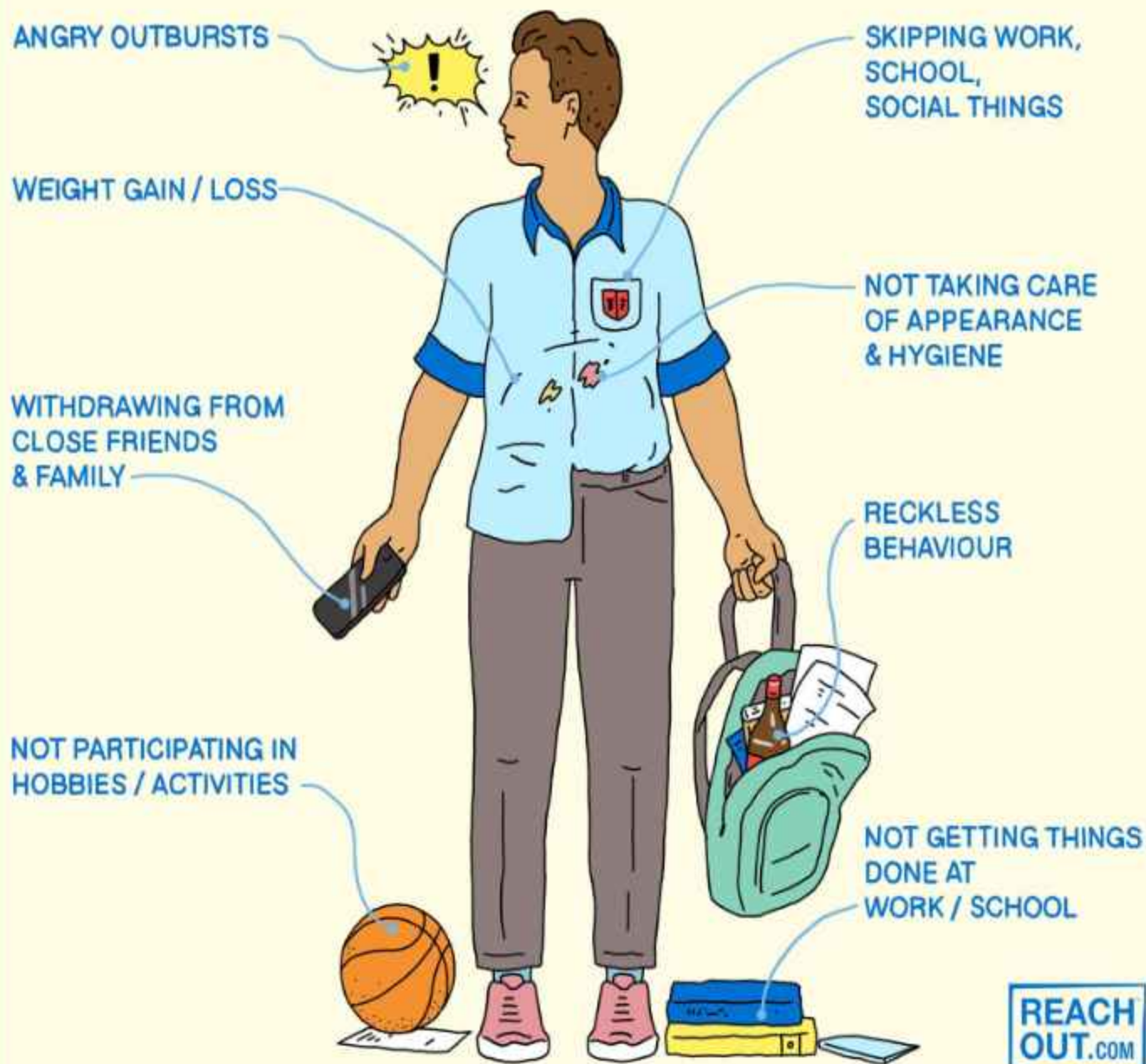
IF YOU FEEL THAT YOU MIGHT BE DEPRESSED, LET A PARENT OR A TRUSTED ADULT KNOW. THEY WILL BE ABLE TO GET YOU THE HELP THAT YOU NEED. **IF YOU EVER HAVE THOUGHTS ABOUT WANTING TO HURT YOURSELF, TELL SOMEONE IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.**



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SIGNS & SYMPTOMS OF DEPRESSION

WHAT YOU SEE



Symptoms of Depression



Experiencing 5 or more of the following symptoms for >2 weeks may indicate a depressive disorder



Feeling sad, guilty
or helpless



Reduced sense of
self-worth



Loss of interest in
activities



Insomnia or
excessive sleeping



Digestive problems



Physical aches



Changes in weight
or appetite



Trouble focusing and
making decisions



Restlessness



Pessimism



Irritability



Suicidal thoughts or
attempts

8 Most Common Causes of Depression



Brain Chemistry Imbalance



Genetics and Biology



Stress



Drugs



Poor Nutrition



Traumatic Events



Female Sex Hormones



Physical Health Problems

RISK FACTORS

SOME RISK FACTORS FOR MEN DEVELOPING DEPRESSION OR ANXIETY INCLUDE:



Physical Health Problems.

Social Isolation.



Partner's Pregnancy & Birth of a Baby.



Employment Problems.

Relationship Problems.



Significant Change in Living Arrangements
(eg. separation or divorce)

How to
get help?

Mental Health Coalition
OF SOUTH AUSTRALIA



DEPRESSION

Symptoms



ISOLATION



NO ENERGY



NO CONCENTRATION



ANGER



ALCOHOL AND DRUG ABUSE



SADNESS



NO APPETITE



SLEEP PROBLEM



THOUGHTS OF DEATH



GUILT



What can you do



TRAVEL



DOCTOR



VITAMINS



ANTIDEPRESSANTS



SLEEP HYGIENE



YOGA



POSITIVE THOUGHTS



CREATIVITY



MUSIC



SCHEDULE



COMMUNICATION



BATH



MEDICATION



PSYCHOTHERAPY



EXERCISE



SCHEDULE

COMMUNICATION



VITAMINS



HEALTHY FOOD



DEPRESSION TREATMENT



RELAXATION

TRAVEL



MUSIC



POSITIVE THINKING



SLEEP ENOUGH



SIMPLE & EFFECTIVE

Ways of

MANAGING DEPRESSION



EXERCISE OFTEN

Regular exercise increases blood flow, oxygen and serotonin. There are great long term effects as well as it improving your mood.



SET SMALL GOALS

A loss of confidence regularly accompanies depression. Setting and achieving small goals help to re-instill confidence.



SWITCH TO A HEALTHY DIET

A healthy diet of fruit and vegetables, Omega-3s and proteins is needed for brain health.



COMBAT NEGATIVE THOUGHTS

Meditation and Mindfulness help teach you how to control your thoughts and not to act on impulses.



TAKE PRESCRIPTION MEDS

Where meditation is involved, see a doctor first.

WHAT YOU CAN DO IF YOU THINK YOUR CHILD IS DEPRESSED



Spend time,
talk to your
child



Protect your child from
stress, maltreatment,
violence



Seek help from a
trained
professional

MAKE SURE THE CHILD IS



Getting enough
sleep



Eating
regularly



Is physically
active



Does things
he or she enjoys

7 Proven Ways to Help a Friend WITH DEPRESSION

1. Listen Carefully Before Speaking

Don't rush to speak or impose your idea on a depressed person; you can irritate him



2. Be Positive in Your Approach

Don't be judgmental or negative in your approach to help; this will worsen the situation



3. Be Realistic in Your Encouragement

Don't give unrealistic hope to your friend to encourage him; he will instantly realize it and reject other approaches



4. Regularly Be There for Him

Even if your friend wants to be alone sometimes, makes him feel you are there for him without being annoying



5. Help Him Get Socialized

Use polite tactic, at the right time, to get him involved in social activities But avoid depressive places which can do more harm than good



6. Protect Him from Alcohol or Drug Abuse

When most attempts fail, depressed people tend to recourse to drug or alcohol. This is recipe for disaster; do your best to prevent that



7. SEEK PROFESSIONAL HELP IF YOUR SUPPORT NOT ENOUGH

If after all your support is insufficient it is then necessary to get professional or medical help to avoid serious complications such as suicide.



1. What is depression?



2. Coping with depression.



3. <https://youtu.be/8Su5VtKeXU8>



TO SEARCH ON THE WEB

1. Difference between depression and mood swings?
2. Symptoms of depression.
3. When to consult a psychologist for depression?
4. Causes of depression
5. How genetics plays a role in depression?
6. How to help someone with depression?

Let's hand hold our children to become the best version of themselves!!



Everything and everyone is
won by the sweetness of
our words and works

- Don Bosco



Don Bosco National Forum for the Young at Risk

New Delhi



info@dbyaforum.org



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