What you should know

- Depression can happen to anyone and is not a sign of weakness.
- It’s an illness characterized by persistent sadness or irritability and a loss of interest in activities that you normally enjoy, accompanied by difficulty in carrying out daily activities.
- Other signs include withdrawal from others, feelings of worthlessness or guilt, fatigue, restlessness and difficulties with schoolwork. You might also be experiencing changes in appetite or sleep patterns.
- You might be inclined to take more risks than normal and sometimes think about harming yourself.
- There are lots of things that you can do to prevent and treat depression.

What you can do if you are feeling down, or think you may be depressed

- Talk to someone you trust about how you’re feeling.
- Seek professional help – your local health-care worker or doctor is a good place to start.
- Stay connected with friends and family.
- Exercise regularly – even if it’s just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs – they can make depression worse.
- Try to keep doing things that you’ve always enjoyed – even when you don’t feel like it.
- Be kind to yourself and try to focus on the positive.
- Congratulate yourself on your achievements – past and present, no matter how small.

REMEMBER: You are not alone. If you think you might have depression, talk to someone you trust or seek professional help.