

DEPRESSION

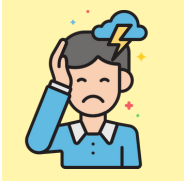
WHAT IS IT? HOW TO COPE WITH IT?



WHAT IS DEPRESSION?



that feeling of sadness that refuses to go away



difficulty handling stressors - relationship issues, loss of loved ones, financial difficulties



that feeling of sadness is affecting your daily functioning - problem sleeping, interacting with people, etc

An estimate of

5.8%

of Singaporean are affected.

Data valid as of 21 October 2019*



Depression can be treated, especially if help is sought early

You may be suffering from depression

if you experience five or more of these symptoms every day for two weeks or longer.

WHAT ARE THE SYMPTOMS?

- S** Sleep disturbances (difficulty falling asleep or staying asleep; or sleeping excessively)
- A** Appetite change (weight loss or weight gain; or decrease or increase in appetite)
- D** Depressed mood or feelings of sadness over a sustained period of time
- C** Concentration problems (or having trouble thinking)
- A** Anhedonia: Loss of interest in enjoyable/previously enjoyed activities (socialising with friends and family)
- G** Guilt or shame (feelings of worthlessness)
- E** Energy and enthusiasm low (feeling tired and lacking the energy)
- S** Suicidal thoughts due to feelings of helplessness and hopelessness (Frequent thoughts of death or suicide)

SELF-MANAGEMENT TIPS!



Don't bottle things up, talk to someone close to you. Helps to have a good cry or talk things through.

Set a routine for yourself everyday, this is important to give your life a daily purpose.



For example, a morning jog to help jump-start your day, or light activities to take your mind off things.



Spend time with friends and have fun

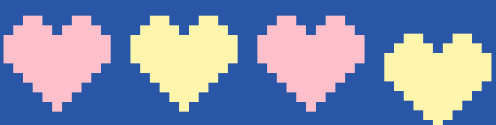


Make time to relax

Use affirmative, positive self-talk. Believe that your life is worth it and that you are worthy as a person no matter what your mind tells you.



Have a balanced diet, enough sleep & engage in physical activity - endorphins ('feel-good' hormones) are released during exercise and this can elevate your mood!



Know that you are

loved

and that your life has meaning

even if you may not feel that way at times.

NON-DRUG THERAPY



Support groups (first-hand accounts of how others with depression learnt to cope with SAMH, IMH)

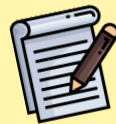
Seek professional help early. To find out more, head to:

https://bit.ly/imh_clinic



ANTI-DEPRESSANT MEDICATION

Medicine is prescribed according to each individual's needs and symptoms, not every antidepressant is suitable for everyone.



Take medications as instructed. Be patient and give some time for the medications to work.

Anti-depressants will help to improve your mood after one to two weeks. Be patient and do not expect them to take effect right after you take them.

However, you may notice some improvements on the first day, especially in your sleep and you feel less tense and anxious.

Do not stop the medications once you start to feel better as you may relapse into depression again.



Discuss with your doctor for any changes in medications routine or if the side-effects are too overwhelming.

Like all medications, anti-depressants have some side effects, though these are usually mild and tend to wear off as treatment goes on. E.g. dry mouth, constipation, dizziness, drowsiness, nausea and discomfort