



JUST FACTS

Facts about DEPRESSION

- Being unable to enjoy activities that normally would be enjoyable.
- Losing interest in daily activities.
- Feeling tired easily/low energy.
- Having a poor appetite and losing weight (though some people tend to overeat and put on weight - 'comfort eating').
- Losing interest in sex.
- Finding it difficult to concentrate.
- Feeling restless, anxious and irritable.
- Losing self-confidence.
- Avoiding other people.
- Finding it harder to make decisions.
- Having unpleasant, negative thoughts (like feeling guilty or that you are a bad or unworthy person).
- Thinking about or planning suicide

What To Do If You're Depressed?

Depression can be treated. It's important to treat it like any other illness and seek help.

- Talking with a Counsellor or Psychologist who will:
 - a) Help you learn skills for solving problems.
 - b) Help you see the positive side of yourself, others, and your circumstances.
 - c) Assist in your relationships with others.
- Sometimes your counsellor may refer you to a Psychiatrist to discuss the possibility of using antidepressant medicine.
- Often counselling, together with lifestyle changes (e.g. reducing stress, cutting down on alcohol) is useful for helping depression. In some cases medication may be necessary to help resolve a severe or long-standing bout of depression.
- Talk to people about how you feel. Don't keep your feelings bottled up inside. It is NOT a sign of weakness to seek help for your depression.

- Physical exercise can also help depression and keep your mind off your worries.
- Always remember that you are suffering from an illness. It is not that you're being weak or a failure, and you can't just simply 'snap out of it'.

What To Do If You Know Somebody Who Is Depressed?

- Listening can really help.
- Don't say, "Just snap out of it" or other remarks that make the person think it is their fault that they are depressed.
- If the person does not initiate to seek any kind of help/change in lifestyle, suggest that they seek professional help soon. Remind the person that this is not a sign of weakness or of being a failure. The longer they wait, the depression may become even more severe.

Depression is more common than most people think. 1 in 10 Malaysians will experience a bout of depression at some stage in their lives.

If you think you're depressed or if you're struggling with other issues, talk to one of our counsellors. Call CLM today!

You don't have to struggle alone.



Web link for additional reading:

www.my.depnet.com (Information on depression)

Talk to people about how you feel. Don't keep your feelings bottled up inside.

CONTACT US

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