

Depression

Depression is not just “feeling blue” or “down in the dumps.” It is not just being sad after a loss. Depression is a medical disorder — just like diabetes, high blood pressure, or heart disease — that day after day affects your thoughts, feelings, physical health, and behaviors.

What Is Depression? Depression is a feeling of sadness that lasts for many weeks and does not go away. It interferes with your daily activities and may keep you from eating, sleeping, or enjoying yourself.

You may feel more tired than usual and have difficulty concentrating or remembering. You may also feel more cranky or grumpy than usual. The good news is that people who are depressed often feel better with the right treatment. Your primary care team can help you decide about possible treatment.

What Causes Depression? There is no one reason people become depressed. For some people, a single event can bring on the illness. A death in the family, or a serious illness, or even coping with retirement can cause depression.

Mood changes can also be caused by medicines you might take for arthritis, high blood pressure, or heart disease.

Depression is not caused by personal weakness, laziness, or lack of will power. When a person is depressed, the levels of certain brain chemicals become too low. This changes the way the brain sends messages. Most treatments for depression help to rebalance these special brain chemicals.

When Should I Seek Help? If you think you or someone you know might have depression, seek help quickly. The longer treatment is delayed, the more difficult depression is to treat. Remember, depression is not caused by personal weakness, laziness, or lack of will power; it is a medical illness that can be treated. The questionnaire that follows, can help you decide if you are depressed.

Resources **Organizations and Web Resources**

Canadian Mental Health Association

National Office, Phoenix Professional Building
595 Montreal Road, Suite 303
Ottawa, Ontario K1K 4L2

(Adapted with permission from the Practicing Physician Education Project 2006)

Depression

Resources Tel. 613 745-7750
(Continued) Fax. 613 745-5522
E-mail (General inquiries): info@cmha.ca
Web site. www.cmha.ca

Centre for Addiction and Mental Health

Regional Offices:

Kingston (Serving Kingston, Frontenac, Lennox & Addington, Leeds and Grenville):

Toll-free (888) 287-4439 or Tel. 613 546-4266

Trenton (Serving Hastings and Prince Edward):

Tel. 613 392-0277

Telephone Support Line. 1-800 463-6273 (toll-free)

Web site. www.camh.net

DepNet

An everyday resource on depression.

Web site. www.depnet.ca

Mood Disorders Society of Canada

3-304 Stone Road West, Suite 736

Guelph, Ontario N1G 4W4

Tel: 519 824-5565

Fax. 519 824-8569

E-mail. info@mooddisorderscanada.ca

Web site. <http://www.mooddisorderscanada.ca>

Frontenac Community Mental Health Services

385 Princess Street

Kingston, Ontario K7L 1B9

Tel. 613 544-1356

Fax. 613 544-5804

E-mail: info@fcmhs.ca

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