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# Depression fact sheet for patients

This resource was created by SMI Adviser content partners and approved by SMI Adviser clinical experts team for inclusion in the knowledge base. The major depressive disorder is much more than feeling sad or having a bad day. It is a serious mental illness (SMI) that requires understanding, compassion and medical care. It can present different symptoms in different people. However, for most people, a depressive disorder changes how they work day by day. View this fact sheet to learn more about the symptoms and treatment options for greater depressive disorder. SERVICES VISTA Download a series of social media charts on the main depressive disorder that you can share to help raise awareness. GRAPH DOWNLOAD Everyone feels stressed occasionally, but chronic stress can cause physical and mental damage. Stresses can trigger a variety of health problems High blood pressure Stroke heart disease immune defenses Decrease brain functioning The good news is that there are stress management strategies that you can explore to reduce tensions. How to reduce stressfuls Connect with others - spend time with family and friends Stay positive - give yourself a chat Getting physically active - take a walk or a bike ride Help others - volunteer Get enough sleep - seven to nine hours is recommended Eat well - don't forget your fruits and vegetables Take care of your spirit - meditate or try yoga Look for professional help if you need it. Stress Depression Instress can lead to serious mental health issues such as depression. Depression is more than just a patch. Also known as main depression, major depressive disorder and clinical depression, it is a serious condition that affects every aspect of your world, such as your social life, relationships, career, physical, and general self-esteem and purpose. Projections are often the first step in getting help and should be a routine part of your health care. Symptoms of depression Those suffering from depression often experience some of these key symptoms. A persistent sad, anxious, or vacuum mood Sleep too little or sleep too Reduced appetite and weight loss, or increase appetite and gain weight loss Loss of interest or pleasure in activity once enjoyed Restlessness or irritability Difficulty concentrating, remembering or taking decisions Fatigue or energy loss Death or suicide thoughts Women are about double as men suffer from depression. This difference of two to one persists through racial, ethnic and economic divisions. This gender difference in depression rates is found in most countries around the world. Causes of depression that are specific to women These are biological, hormonal and psychological. Premenstrual problems Pregnancy and fertility Depression post-partum Perimenopause and menopause Focusing on and rehabilitating negative feelings With some simple lifestyle changes, such as support of friends and family,the desire to isolate, exercise, enter into some solar time. eat healthy and relaxing techniques, you can help decrease your feelings of depression. If symptoms persist, we recommend discussing medications, psychological advice or other treatment options with your doctor. / from uk health downloads and prints the test sheet of postpartum depression (pdf, 55 kb) from sleep deprivation to learn how to breastfeed, face many challenges like the mother of a newborn. as it fits these challenges, it is not rare to experience mood changes or feelings of sadness. these "blue children" will often go away after a few weeks. Sometimes, however, mothers of children can develop symptoms that are more serious and last longer than the baby's blues. This is known as post-partum depression. a study has shown how one in every seven mothers of newborns suffers from this debilitating condition. Fortunately, most women find that treatment helps. What is postpartum depression? postpartum depression can start at any time during the first year of your child. Usually, you will begin to feel its effects during the first three weeks after birth. You may feel sad, hopeless or guilty because you may not feel bound or take care of your child. post-partum depression is not just about first-time moms, either. You can experience it even if you didn't have it with your previous children. Why is this? there are many causes of postpartum depression, including:levels. Herbal levels increase when you're pregnant. After your child arrives, they suddenly fall. This rapid change can trigger depression in some women. A story of depression. If you have previously had depression or if it works in your family, you may be more susceptible to post-partum depression. Other stress and problems. If you didn't want to get pregnant or if your partner and family don't help you take care of your baby, you're more likely to be depressed like a new mom. Post-partum depression is also more common among women with other stresses such as financial issues, problems with drugs or alcohol, or relationship issues. Symptoms Postpartum depression varies among women, but here are some of the most common symptoms: Sadness, loss of hope or despair. Feel unable to take care of your child or do basic chores. Cry a lot, sometimes for no obvious reason. Problems of bonding with or feeling close to your child. Less interest in other things you liked. Too sleepy. Problems with attention, learning or memory. Diagnosis and treatment Only a doctor can diagnose with post-partum depression. But if you think you have it, you'll make an appointment. There are treatments that will make you feel like yourself. They include: drugs. Your doctor may decide to prescribe antidepressants. If you are infirm, make sure and tell your doctor. He or she can prescribe an antidepressant that is safe for nursing mothers. Counselor. Talk topsychologist or therapist can also help. You can learn ways to recognize when you are having negative thoughts so you know how to deal better with them. Post-partum psychosis is a rare and serious form of mental illness that can happen with post-partum depression. Symptoms often begin during the first two weeks after the birth of the child and are more severe than those for post-partum depression. They include: frequent crying and irritability. Lack of energy. Problems of concentration and making decisions or confusion. Inability to sleep. I feel hopeless. Lack of interest in eating. Thought you'd hurt yourself or your baby. Post-parto psychosis is a medical emergency. If you think you can experience symptoms of postpartum psychosis, call your doctor immediately. Immediately.

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