

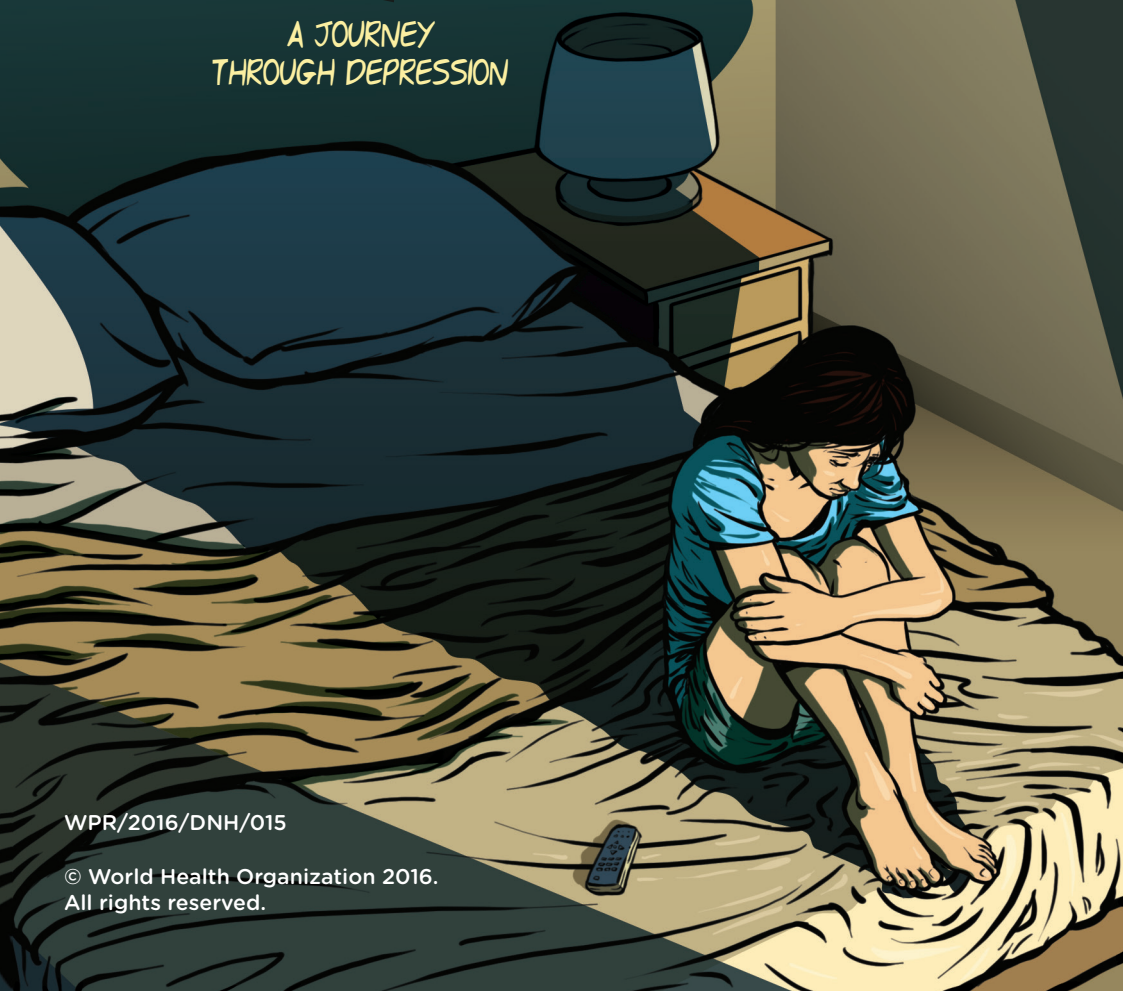


World Health
Organization

Western Pacific Region

Like a Day That Never Ends

A JOURNEY
THROUGH DEPRESSION



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A NEW DAY. A NEW LOW. I FEEL SO SAD. WHY SHOULD I GET UP WHEN THERE IS NOTHING TO LOOK FORWARD TO.

I JUST DON'T HAVE THE ENERGY TO PLAY WITH MY CHILDREN. THAT USED TO MAKE ME SO HAPPY.

IT'S SO HARD TO GO TO WORK. I CAN'T CONCENTRATE.

MY HEAD FEELS SO HEAVY AND THESE PAINS JUST WON'T GO AWAY.

I AM WORTHLESS. NO ONE LOVES ME.

I JUST WANT MY LIFE TO END.

What is depression?

Depression is a very common problem and can happen to anybody. Adults, adolescents and even young children can develop depression. People who are depressed tend to have unrealistic negative opinions about themselves, their life and their future. But effective treatment is possible.

If you or your loved one are going through depression, consult your health provider for advice. Signs and symptoms of depression include:

- Depressed mood or irritability;
- Loss of interest or pleasure in activities that are normally pleasurable;
- Fatigue and decreased energy;
- Reduced concentration and attention;
- Reduced self-esteem and self-confidence;
- Feelings of guilt and unworthiness;
- Bleak and pessimistic view of the future;
- Thoughts or acts of self-harm or suicide;
- Disturbed sleep; and
- Decreased appetite.



What can you do about it?

Encourage your loved one to:

Talk about it and seek advice from a mental health professional;



Maintain a regular sleep cycle; and



Engage in regular physical and social activities;



Seek help immediately if they have thoughts of self-harm or suicide.



Continue with activities they used to find interesting or pleasurable (e.g. hobbies);



For more information visit:
www.who.int/topics/depression

For health providers, the mhGAP tools and resources are available at
www.who.int/mental_health/mhgap

and Mental Health and Substance Abuse website:
http://www.wpro.who.int/mental_health_substance_abuse/en/

