

# Depression – Let's talk...



***1 out of every 5 people is affected by depression<sup>1</sup>***

***Depression affects people of all ages, from all walks of life, in all countries<sup>2</sup>***

According to estimates released by the *World Health Organisation*<sup>1</sup>, the number of people living with depression increased by 18% between 2005 and 2015 and it's the largest cause of disability world wide. Depression can lead to suicide, which is the second leading cause of death among 15-29 year olds<sup>2</sup>.

If you have been experiencing some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause, which doesn't ease, even with treatment

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms while others may experience many. Several persistent symptoms in addition to low mood are required for a diagnosis of major depression. However, people with only a few (but distressing) symptoms may benefit from treatment<sup>3</sup>.

**Life Mental Health** is a leading provider of mental health services in South Africa at eight dedicated facilities across five provinces. The mental healthcare services offered include general psychiatry, treatment for substance dependence or other addictions associated with psychiatric disorders. Treatments offered include evidence-based drug therapy, individual psychiatric consultations and psychotherapy, group therapy and physical therapy (where needed).

***For more information about our Life Mental Health units, visit [www.lifehealthcare.co.za](http://www.lifehealthcare.co.za) or contact us at 011 219 9626.***

References: <sup>1</sup> <http://www.gov.za/speeches/world-health-day-2017-16-nov-2016-1003>; <sup>2</sup> <http://www.who.int/campaigns/world-health-day/2017/en/>

<sup>3</sup> <https://www.nimh.nih.gov/health/topics/depression/index.shtml>