



DEPRESSION



- ☒ causes fatigue and body exhaustion
- ☒ impacts my ability to perform daily tasks
- ☒ impacts my eating and sleeping habits
- ☒ negatively impacts my relationship with family and friends
- ☒ is the cause behind unrealistic negative ideas about myself, my life and my future
- ☒ has effective treatments similarly to any other medical condition I might go through

To contact the centers which are affiliated with the Ministry of Public Health Network that can help you or for further information, call our hotline:

1214

Or visit our website:

<http://moph.gov.lb/en/Pages/553/6/mnhp>



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DEPRESSION: Let's talk...

National Mental Health Campaign 2017



Let's talk...

What are the signs and symptoms of depression?

People with depression may experience some of the following main symptoms for **at least 2 weeks**.



Persistent sad or anxious mood



Low interest in activities that used to be enjoyable



Loss of energy and fatigue

In addition to:



Irritability



Hopelessness



Reduced concentration



Feelings of worthlessness and guilt



Appetite and sleep problems

Is Depression treatable?



Yes



No

How can you help yourself?



» Continue doing or reengage yourself in activities you enjoy (even if you do not find them interesting/enjoyable anymore).



» Maintain a regular sleep cycle:

- Getting out of bed at the same time every day even if the quality of sleep was not good in the previous night.
- Avoiding staying in bed during the day.



» Exercise regularly:

- Walking 45 minutes 3 times a week.



» Join social activities.



» Avoid resorting to negative ways to try to relieve symptoms of depression such as drinking alcohol or taking medications without a prescription because they are not useful and may lead to negative consequences.



» Pay attention to ideas of self-harm or suicide; if these thoughts occur, seek help immediately.

If depressive symptoms persist for more than two weeks, despite the attempt to follow the tips listed in this brochure, you should seek medical care as soon as possible.

With whom can you talk?



With someone you trust:

Most people feel better after they talk about their feelings with someone who cares about them.



With a psychotherapist:

He/She can help you by offering talk therapies which have shown to be effective such as cognitive behavioural therapy and inter-personal therapy.



With your doctor:

He/She can prescribe you antidepressants that take 2 to 4 weeks to start showing effect. The treatment usually lasts for 1 year or more in some cases.

You can visit medical professionals who have been trained in mental health, in the centers affiliated with the network of the Ministry of Public Health.