



Depression

Most people sometimes feel unhappy, sad, miserable or just down. Depression is different from that, in the sense that a person feels down for a longer period of time and the feeling involves the person's total being. It is a common mental disorder.

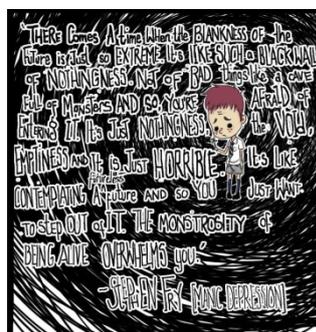
Depression is characterized by feelings of sadness, worthlessness, pessimism, indecisiveness, anxiousness, hopelessness, irritability, loss of interest in many activities, insomnia or excessive sleeping, over eating or anorexia and suicidal thoughts and tendencies.

I'm fine.

- F**: falling
- I**: insecure
- N**: not good enough
- E**: empty

Untreated depression is the biggest cause of suicide. Thought of suicide is a serious symptom of depression. It should always be taken as a cry for help, not just a warning sign.

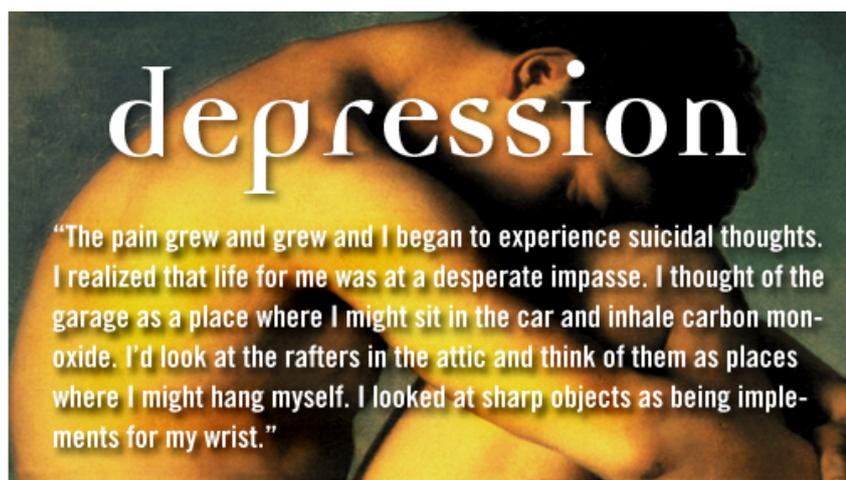
Warning signs include: talk about suicide, giving away possessions, looking for a way how to kill oneself, extreme withdrawal, reckless behaviour, extreme mood swings, talk about a reason to live, increase use of drugs or alcohol.





Different type of depression:

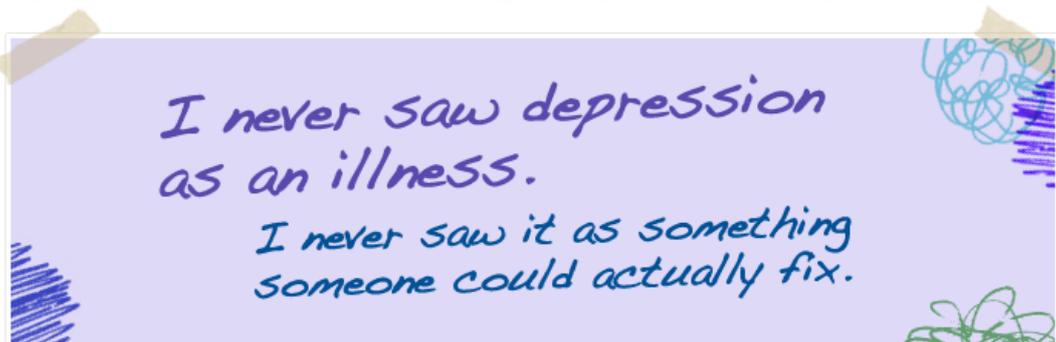
1. Minor depression: is having symptoms of depression for longer than 2 weeks, but not being totally disabled in your daily functioning as yet. Untreated minor depression can become a major debilitating depression.
2. Major depression: is disabling and prevents a person from functioning normally; symptoms are constant, ranging from moderate to severe and lasts untreated up to 6 months.
3. Dysthymia: is a mild recurring “low-grade” depression that lasts longer than 2 years and may cause a person to feel unwell and prevent normal functioning.
4. Bipolar depression: is also known as manic-depressive illness is characterized by cycling mood changes from extreme highs (hyperactive, rapid speech, little sleep) to extreme lows (severe depression symptoms).
5. Post-partum depression: is a longer lasting and more serious depression triggered, in part, by hormonal changes associated with having a baby and develops any time from the birth to six months afterwards.
6. Seasonal affective disorder: is characterized by the onset of depression during the winter months, when there is less natural sunlight and it lifts again in spring and summer time.
7. Psychotic depression: is a severe depression plus some form of psychosis, such as having disturbing false beliefs or a break with reality (delusions), or hearing or seeing upsetting things that others cannot hear or see (hallucinations).



Remember you are never alone, there is always someone willing to listen and help, please remember you are important to God and to Me...



If you have symptoms of depression and feel unsure what to do about it – please chat to me about it and get help. It is an anonymous helpline.



Add me on [BBM\(7C4BB895\)](#) or [whatsapp\(825 576 9286\)](#) for professional and annonoumus help.



D.S Du Toit
Christian Psychologist

