

# DEPRESSION

## What is depression?

Depression is an illness which affects the way a person feels about themselves, the world around them and their future. Depression can last for weeks, months or even years.

**There are different types of depression, including:**

<b>Atypical depression</b>	<i>When depression is accompanied by uncommon symptoms such as increased appetite, weight, sleep, or libido[i]</i>
<b>Agitated depression</b>	<i>When feelings of excitement are mixed together with a depressed mood during the same episode[ii]</i>
<b>Postpartum depression</b>	<i>Depression which occurs within six weeks of a women giving birth, and where a number of symptoms last beyond five weeks[iii]</i>
<b>Psychotic depression</b>	<i>A unique subtype of depression where low mood is accompanied by delusions and/or hallucinations[iv]</i>
<b>Bipolar depression</b>	<i>Where a person experiences episodes of mania alternating with depression[v]</i>

There are a number of causes of depression and it is often triggered by a combination of factors. Depression sometimes runs in families, or a person may find that their brain struggles with mood regulation. It can also be caused by a traumatic life event, such as the death of a loved one or the diagnosis of a serious disease.[vi][vii]

## Symptoms

- Ongoing depressed mood that is more than ordinary sadness
- Overall lack of interest in everyday life
- Loss of self-esteem
- Reduced energy and concentration
- Sleeping problems
- Loss of appetite and weight loss.

***Depressed people often find it difficult and overwhelming to cope with everyday stress.***

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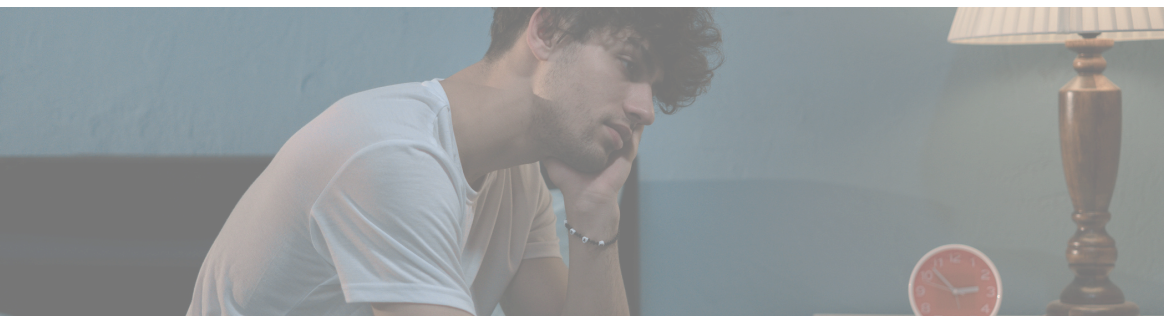
## What can impact depression?

Factors which can negatively impact depression are a lack of sleep[viii], a diet that is high in processed foods, high fat foods and sweets, whilst low in fruit and vegetables[ix], and alcohol consumption.[x]

## Ways to manage and treat depression

The good news is that depression is treatable and effective treatments are available, so the earlier a person seeks help, the better. Along with professional support, factors such as increasing physical activity, prioritising sleep, and other lifestyle changes can alleviate symptoms of depression.[xi]

Even when treatment is successful, it is still important that a person stays in close touch with their health professionals, because maintenance treatment is often required to prevent depression from returning.[iii]



## References

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