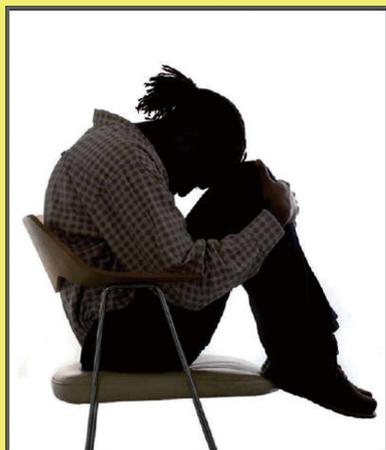




Depression



While facing failure, individuals feel sad and down. However, minimal feeling of sadness is not equal to depression as the feeling is temporary. Depression patients are those who feel sad for at least two weeks, consequently losing their ability to work and affecting interpersonal relationship.

Although depression is seen as the common “cold” of mental health, the consequences can be very serious. Most cases of depression can be treated with medication or psychotherapy.



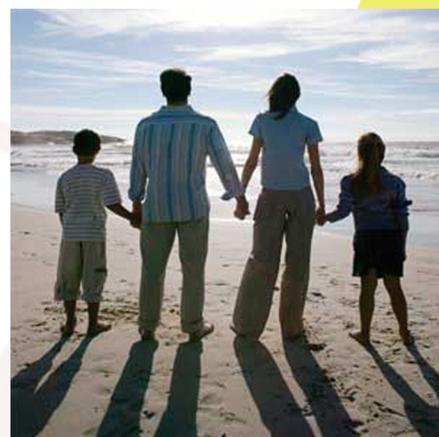
Symptoms

1. Continuous feelings of sadness
2. Diminished or loss of interest and motivation to daily activities
3. Fatigue or loss of energy
4. Feelings of worthlessness
5. Recurrent suicidal thoughts
6. Diminished ability to concentrate and make decisions
7. Cannot fall into sleep or sleep for a very long time
8. Significant unintentional weight gain or loss
9. Inappropriate feeling of guilt (even if it is not one’s responsibility)

* (One could be diagnosed as suffering from depression, if he/she presents with four or more of the following symptoms continuously for two or more weeks)

*Not all symptoms are present for depression patients, levels of depression are classified as follows

- Mild depression --- total four – five of above symptoms present, of which at least two symptoms are from 1-3
- Moderate depression --- total six – seven of above symptoms present, of which at least two symptoms are from 1-3
- Severe depression --- total eight of about symptoms present, of which symptoms 1-3 are all present



Popular Hotlines in Hong Kong

Baptist Oi Kwan Social Service
2535 4135

Mental Health Association of
Hong Kong Mental Health
Hotline 2772 0047



Suggestion

- Regular physical exercise (2-3 times/week; either aerobic or anaerobic)
- Maintain social contact with others, join social activities
- When dealing with obstacles, ask for friends’ help
- If Feeling upset, try to tell others, express oneself
- Improve communication skills and coping resources with family members