

Depression



Sometimes things happen in life that make us sad.



Like when a loved one dies



Or having health problems.



It is normal to feel sad.

Usually these feelings go away.



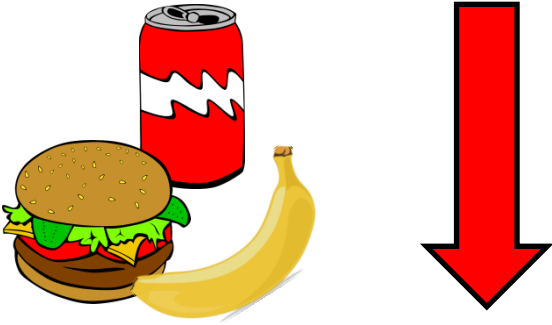
If we are sad for a long time, we can become depressed.



Depression is different from feeling sad.

It is a mental health problem.

People with depression might...



Not feel like eating

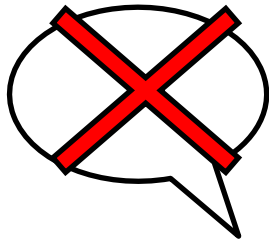


Feel sad a lot



Stop doing things they enjoy

People with depression might...



Not talk to family and friends



Feel tired all the time.

If you feel depressed, you can:



Take time to relax



Talk to family and friends



Do an activity you enjoy



People with depression
should go to their GP.



The GP can tell them who the
best person is to help.



They might meet with a
psychologist.



They might get medication
from the GP to help.



With help, people with
depression can feel better.