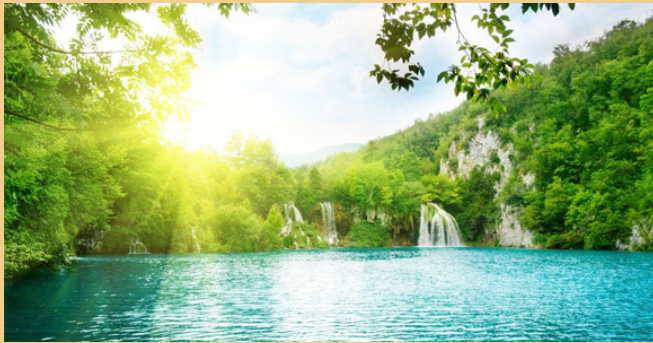


October 2012 is World Mental Health Month. This year WHO has declared the theme for the day as "Depression a Global Crises" hence Makro Foundation is raising an awareness about depression being treatable.

Depression is an emotional state marked by great sadness, apprehension, feelings of worthlessness and guilt, withdrawal from others, loss of sleep, appetite and sexual desire, or loss of interest. Talking may also be chore, and many individuals prefer to sit alone and remain silent. They may speak slowly, after long pauses, using few words and a low voice. Others are agitated and can't sit still. When confronted with a problem, no ideas for its solution occur to them.

Treatment

Depression varies from person to person, but there are some common signs and symptoms. Understanding the underlying cause of r depression may help overcome the problem.



It's important to remember that symptoms can be part of life's normal lows, but important factor is how long they've lasted. When these symptoms are overwhelming and disabling, that's when it's time to seek help. Without treatment, symptoms can last for weeks, months or even longer. Appropriate treatment, however, can help over 80% of those who suffer from depression is the good news.

If you know someone has symptoms of depression TAKE ACTION.

Causes/Risk Factors

- Loneliness
- Lack of social support
- Recent stressful life experiences
- Family history of depression
- Marital or relationship problems
- Financial strain
- Early childhood trauma or abuse
- Alcohol or drug abuse
- Unemployment or under employment
- Health problems or chronic pain

Symptoms

- Persistent sad, anxious or "empty" feelings
- Feelings of guilt, worthlessness and/or Helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once Pleasurable or enjoyed.
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions

Talk things over with a friend, family member or a confidant.
Reduce or eliminate the use of alcohol or drugs.
Exercise or engage in some form of physical activity, Practicing relaxation techniques
Eat a proper, well-balanced diet.
Don't expect too much of yourself.
Take a break
Make healthy lifestyle changes:
Avoid extra stress and big changes
Go to the counseling center and talk to a counselor.
Seek Help from Mental Health Professional: If positive lifestyle changes and support from family and friends aren't enough, then seek help from a mental health professional.

**FOR SEEKING PSYCHOLOGICAL OR COUNSELLING SERVICES
FREE OF COST:**

CALL US AT **040 - 4600 4600** between 10:00 am-7:00 pm
Monday- Friday



- Insomnia, early-morning wakefulness, or
- excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- Decline in personal hygiene or concern about appearance.

Write to us at: info@makrofoundation.org
Chat with us: <http://www.makrofoundation.org/express/>