



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION



Depression



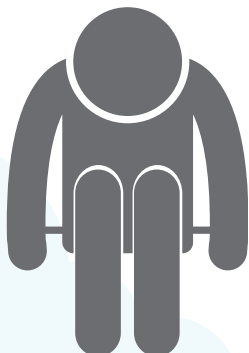
INTRODUCTION

Depression affects how people feel about themselves and makes life more difficult to manage from day to day. While we all feel sad and low from time to time, some people experience these feelings intensely and for longer periods. Depression is more than just a low mood – it is an illness that impacts on both physical and mental health.

WHAT IS DEPRESSION?

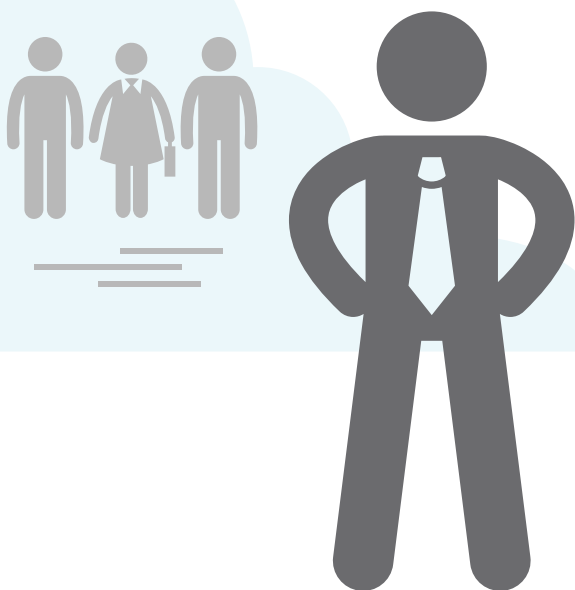
Depression is a common mental illness, characterized by:

- Sadness
- Loss of interest or pleasure
- Feelings of guilt or low self-worth
- Disturbed sleep or appetite
- Feelings of tiredness
- Poor concentration



DEPRESSION IS

NOT a sign of
WEAKNESS or
something to be
ASHAMED OF



- It is manageable and recovery is possible
- Something that can affect anyone, at any time (regardless of their gender, age, nationality, religion or social status)

SYMPTOMS

Depression can affect different people in different ways, including:

THOUGHTS:

Negative thoughts such as,

- I'm a failure
- I'm worthless
- Life is not worth living



FEELINGS:

- Sad
- Frustrated
- Irritable



BEHAVIOUR:

- Not engaging in social activities
- Withdrawing from family and friends
- Not getting things done
- Relying on substances, sedatives and drugs



PHYSICAL:

- Tired all the time
- Change in sleeping and eating patterns
- Significant weight loss or gain

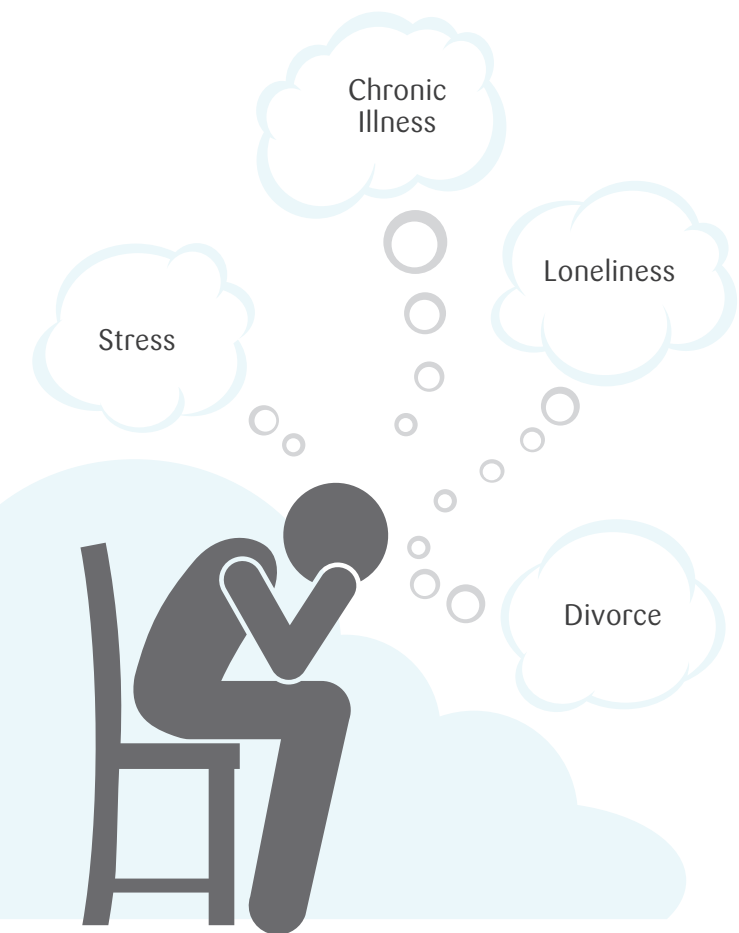


If symptoms don't go away after two weeks, or if they come back over and over again, it could be depression.

If you are experiencing any of these symptoms, we encourage you to see your family physician at your respective health center who is ready to support you.

CAUSES/RISK FACTORS

- Chronic physical illness or disabilities
- Prolonged exposure to stress
- Traumatic or challenging life events such as relationship difficulties (e.g. divorce, loss of job or loneliness)
- Genetic factors/family history
- Hormonal changes such as during adolescence, during and after pregnancy
- Substance misuse



PREVENTION

Everyone can make simple changes to their life to take better care of their mental health and wellbeing, including:

- Eating well and keeping active



- Maintain strong relationships with family and friends



- Learning ways to maintain a positive attitude



- Making time for activities that they enjoy and taking regular breaks



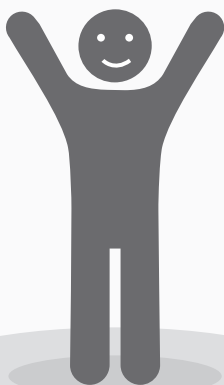
- Talking about their feelings with someone they trust



- Learning relaxation or breathing exercises to de-stress



- Recognising early signs of depression and seeking help



TREATMENT/ MANAGEMENT

Most people benefit from a combination of interventions including:

LIFESTYLE MODIFICATIONS:

Adopting a healthy lifestyle can help a person to recover from depression. eg: Healthy diet, Regular physical activity.



PSYCHOLOGICAL TREATMENT:

Therapies to help people to learn new ways of thinking, practice positive behaviors and take active steps to cope with symptoms, such as counselling.



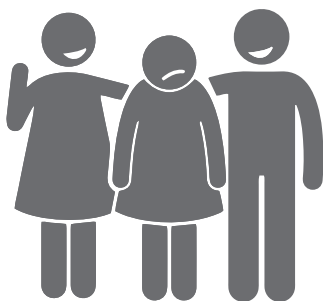
MEDICATION:

A family physician might suggest an antidepressant medication to treat the condition.



HOW CAN YOU HELP SOMEONE WITH DEPRESSION?

- Showing that you care by listening to how they are feeling, without making judgments
- Offering emotional support and encouragement
- Encouraging them to seek help from their family physician as soon as possible



HOW CAN YOUR FAMILY PHYSICIAN HELP YOU?

Family physicians in your health center are available to help and support you or if required make a referral to a psychologist or a psychiatrist. Ask for support as soon as possible.





Primary Health Care Corporation (PHCC) plays an important role in achieving better health and wellbeing for the people of Qatar. PHCC is devoted to providing comprehensive health care for individuals and families across all ages and gender. With Primary Health Care Corporation on your side you have a partner to guide you and help you manage your health.



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