**Intro**

***dia 1***

Here’s a picture of my friend.. Now, when you look at her, you wouldn’t think that there’s anything wrong with her. But that’s where you’re wrong. She has a mental illness. She has been struggling with depression for almost a year now. Even though her illness isn’t visible, that doesn’t make it less real or less serious than other health conditions.

***dia 2***

For some people depression is hard to talk about people around them seem to think that it is not a real health condition or a sign of being weak.  This can lead to people hiding how they really feel. Some people also think depression is something you should be able to 'snap out of' or ‘to get over it’, but depression is a mental health problem which should be taken seriously. It upsets me that in today’s society there is still a stigma or taboo on mental health disorders. There are a lot of misconceptions about depression.

***dia 3***

And that is why today I want to tell you a bit more about what depression really is. I will tell you about the symptoms, the causes and treatments.

**What is depression?**

***dia 4***

* Depression is a serious mental illness that negatively affects how you feel, the way you think and how you act.
* Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed
* It can lead to a variety of emotional and physical problems and can decrease a person’s ability to function in their day to day life’s.
* Depression affects an estimated one in 15 adults in any given year. And one in six people will experience depression at some time in their life.
* Depression can strike at any time, but on average, first appears during the late teens to mid-20s.
* Women are more likely than men to experience depression.

**Symptoms of depression**

***dia 5***

Depression commonly affects your thoughts, your emotions, your behaviours and your overall physical health.

Now depression varies from person to person, but these are the most common symptoms that a person with depression will experience:

* Nearly constant feelings of sadness, anger guilt or hopelessness.
* Feelings of worthlessness and poor self-esteem
* Thoughts of death or suicide
* Social withdrawal
* Impaired ability to think, concentrate, or make decisions.
* Low motivation and loss of interest in pleasurable or fun activities
* Tiredness or lack of energy
* And changes in apetite
* When healthcare professionals’ suspect depression, they commonly look for clusters of these symptoms occurring nearly every day for a period of at least 2 weeks.
* Other criteria state that the symptoms should impact functional aspects of a person’s life and show a significant change from the person’s normal mood.
* The symptoms are often cyclical, which means that the symptoms can come and go over a period of months or even years.
* A person who experiences depression once is more likely to have future episodes.

**What causes depression?**

***dia 6***

* Despite of numerous amount of research, it is not yet known what is the exact cause of depression. But what we do know is that there are *several factors that can play a role in depression:*
* One of which is **personality**: People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.
* **Genetics** also play a role, because depression is more common in people whose blood relatives also have this condition. So, you have a higher likelihood of developing depression at some point in your life if you have a family member with depression.
* But the exact gene involved in this is still unknown.
* **Environmental** **factors** can also contribute such as exposure to violence, neglect, abuse or poverty.
* As well as **biological** **factors**. Researchers believe that depression can be a result of a chemical imbalance in the brain.

**Treatments**

***dia 7***

* Depression is among the most treatable of mental disorders.
* Between 80 percent and 90 percent of people with depression eventually respond well to treatment. And almost all patients gain some relief from their symptoms.
* Treatment for depression can involve a combination of lifestyle changes, talking therapies and medication. The recommended treatment will be based on whether a person has mild, moderate or severe depression.

In general, treatments for depression include:

• Medications called antidepressants and

• Talk therapy, called psychotherapy

* **Antidepressants** are a type of medication used to treat clinical depression.
* They are the most effective treatment in relieving symptoms quickly, especially in cases of severe depression.
* **Talk therapy** is counselling to talk about your feelings and thoughts, and help you learn how to deal with them.
* Types of talk therapy include cognitive behavioural therapy and psychotherapy.
	+ **Cognitive behavioural therapy** teaches you how to fight off negative thoughts. You will learn how to become more aware of your symptoms and how to spot things that make your depression worse. You’ll also be taught problem-solving skills.
	+ **Psychotherapy** can help you understand the issues that may be behind your thoughts and feelings.

If you have mild depression, you may only need one of these treatments. People with more severe depression usually need a combination of both treatments.

It takes time to feel better, but there are usually day-to-day improvements.

* Another treatment for depression is Electroconvulsive therapy (ECT), which is a type of shock treatment, done under general anaesthesia.
* It is the single most effective treatment for severe depression and it is generally safe.
* It may improve mood in people with severe depression or suicidal thoughts who don’t get better with other treatments.

**The End**

***dia 8***

That brings us to the end of my presentation. I’d like to summarize by saying that depression is a real mental health disorder and should be taken very seriously. I think we need to break the stigma by talking about it more openly and educating people.

If you have any questions, please feel free to ask and I’ll do my best to answer.