

Can Depression be Treated?

Yes, depression can be treated.

There are different types of treatment. Medication can be used to alter or change your mood. Depression is successfully treated 70% to 80% of the time using medication. Counselling is available to help a person talk through his or her depression. One can also seek support networks through family, friends and/or self-help groups. A combination of medication and counselling is the preferred method.

What can family and friends do?

Family and friends can help. Understand and know the signs of depression. Encourage the depressed relative to seek treatment. Encourage everyday activities as well as exercise, but keep in mind not to overdo it. Listen to what the depressed person has to say and avoid long conversations. Treat the patient with the illness as normal as possible and try to make the person as comfortable as possible. Always support the person with the illness.

You can also help by seeking advice. If you think you or someone you know is suffering from depression, contact:

- Mission Mental Health Centre
604.814.5600
- Abbotsford Mental Health Centre
604.870.7800
- Chilliwack Mental Health Centre
604.702.4860
- Hope Mental Health Centre
604.860.7733

Mental Health centres are open Monday through Friday 8:30 a.m to 4:30 p.m.

- Emergency Mental Health Services
604.820.1166 or 1.877.820.7444
- Aboriginal Mental Health Liaison Program, Sto:lo Nation Health Services
1.877.411.3200
(Serves Tsawwassen to Boston Bar)
- BC Mental Health Information Line
1.800.661.2121 | www.heretohelp.bc.ca
- Mood Disorders Association of BC
604.873.0103 | www.mdabc.net
- BC Schizophrenia Society
1.888.888.0029 | www.bcscs.org

There is no cost to you for the above mentioned services

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First Nations Mental

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DEPRESSION



A Guide for the Aboriginal Community

This guide will answer some of the commonly asked questions about depression.

What is Depression?

Depression is a feeling that some people get once in a while – a feeling of hopelessness, mood swings, worthlessness, sadness, disappointment and emptiness.

However, severe or prolonged depression interferes with the ability to function, feel pleasure or maintain interest. Depression is treatable; it is considered a mood disorder and should be referred to a counselor, therapist or someone in the helping field.

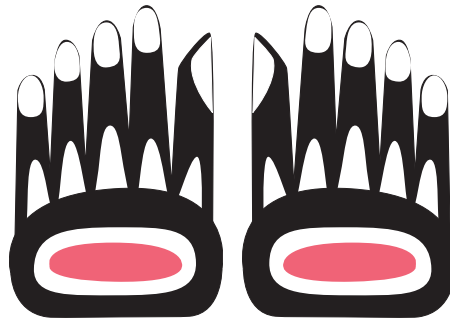
As an Aboriginal Person, Do I Have a Greater Chance of Getting Depression?

No! Depression affects everyone, all races, all cultures and all social classes. On reserve and off, urban and rural, people in all areas are affected by depression.

What Causes Depression?

No one knows what causes depression. Some of the factors are specific:

- distressing life events
- traumas
- chemical imbalance in the brain
- environmental and psychological factors
- negative or pessimistic view of life
- alcoholism and drug abuse
- legacy of the residential school system
- financial stress
- family history



What are the Symptoms of Depression?

Here are some of the symptoms of depression.

- thinking about failures all the time
- feeling a loss of energy
- sleeping less or more
- feeling sad
- feeling hopeless
- feeling guilty for no reason
- having low self-esteem
- having a negative attitude all the time
- feeling anxious
- crying a lot
- having difficulty making up your mind
- forgetting things
- having difficulty concentrating
- being bothered by the littlest things
- changing eating habits
- feeling restless most of the time
- losing interest in everything you do
- feeling too tired or weak to do anything
- experiencing thoughts of suicide
- early morning awakening

