



SYNAPSE CLINIC

Depression

Depression is a common and serious mental disorder which can affect people of all ages, genders and walks of life. It can cause a wide range of physical, psychological and emotional symptoms, and can have a major impact on how we feel and how we function.

Symptoms Of Depression

Depression can have a wide range of symptoms. These can range from physical to psychological and emotional. Common symptoms of depression can include:

- Low mood/feeling overwhelmed
- Noticeable change in appetite or weight
- Poor concentration/difficulty making decisions
- Lack of energy or motivation
- Feeling worthless or low self-esteem
- Avoiding social contact/isolation
- Negativity or pessimism
- Neglect of personal hygiene
- Sleep disturbances

Causes of depression

The cause of depression is thought to be a combination of genetic and environmental factors.

Possible causes of depression include:

Biological Causes

Depression can also be rooted in biology. Scientists have identified certain genetic and chemical factors which can lead to depression. Some of these include family history, low levels of serotonin in the brain, hormone levels and changes in brain chemistry.

Environmental Causes

Changes in the environment, such as a move to a new home, school, or city can be a potential trigger for depression. Other environmental factors such as loss of a family member, a divorce, or financial struggles, political and economic turmoil, war, poverty, or social injustice can leave people feeling helpless and angry. Such events can trigger intense emotions, long-term sadness and if prolonged can eventually cause depression.

Treatments For Depression

The good news is, there are treatments available for depression. These can include:

- Lifestyle changes such as getting more exercise or practicing relaxation techniques
- Social support from family, friends, and support groups
- Medication prescribed by a doctor
- Psychological therapies such as cognitive-behavioural therapy (CBT)
- Transcranial Magnetic Stimulation (TMS)
- Electroconvulsive Therapy (ECT)

Where To Get Help

If you think you might be experiencing depression, it's important to seek professional help. Your GP is the first port of call and they can assess your symptoms and advise on treatments that are right for you.

We hope this leaflet has been helpful and has given you some useful information about depression. Remember, if you think you may be experiencing depression, then please seek help.

For more information:

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