

Depression Fact Sheet

What Is Depression?

Depression is more than just feeling sad or going through a rough patch. It's a common mental health condition that affects how you feel, think, and handle daily activities. It can happen to anyone, at any age.

Common Symptoms

- Persistent sadness or low mood
- Changes in sleep (sleeping too much or too little)
- Appetite or weight changes
- Loss of interest or pleasure in things you once enjoyed
- Feelings of guilt, worthlessness, or hopelessness
- Difficulty concentrating or making decisions
- Irritability or restlessness
- Fatigue or lack of energy
- Thoughts of self-harm or suicide (seek help immediately)

Causes and Risk Factors

- Family history of depression
- Major life changes, trauma, or stress
- Certain medical conditions or medications
- Chemical imbalance in the brain
- Substance use

You're Not Alone

Depression is treatable. The earlier you seek support, the better the outcome. Reaching out is a sign of strength, not weakness.

Coping and Treatment

- ✓ **Talk to Someone** – Speak with a trusted adult, friend, teacher, or counselor.
- ✓ **Professional Support** – Therapy (e.g., CBT) and medication can be highly effective.
- ✓ **Stay Active** – Regular movement can help improve mood.
- ✓ **Get Enough Sleep** – Prioritize rest and routine.
- ✓ **Eat Well** – A healthy diet supports mental and physical health.
- ✓ **Avoid Alcohol & Drugs** – These can worsen symptoms.
- ✓ **Self-Compassion** – Be kind to yourself; healing takes time.



FOR MENTAL HEALTH HELP OR SUPPORT, CONTACT:

MWI (24-HOUR LINE): 239-1111 | RED CROSS: 236-8253



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Ministry of Health