



Guide to Depression

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This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba. We are a group of trained, non-judgmental, and confidential student health and wellness leaders on campus.

We provide outreach activities, workshops, and one-on-one support for our fellow students on a variety of health and well-being topics. Feel free to drop in to chat or pick up more information packages.

If you would like to request or attend one of our workshops or events, check out our website for details.



Depression



What is it?

Depression is much more than simple unhappiness. Clinical depression, sometimes called major depression, is a complex mood disorder caused by various factors... While it can suddenly go into remission, depression is not something that people can get over by their own effort.

- Canadian Centre for Addiction and Mental Health

What causes it?

- Genetics
- Psychological or emotional vulnerability to depression
- Imbalances in brain chemistry
- Major stress, trauma, or complicated grief.



Symptoms

- The main symptom of depression is a sad, despairing mood that is present most of the time, lasts for more than two weeks, and impairs the persons' performance at work, school, or in social relationships.
- Loss of interest in things like work, school, hobbies, or sex.
- Withdrawal from friends and family.
- Changes in appetite, weight, and sleep.
- Fatigue and trouble concentrating.
- Feeling useless, hopeless, guilty, pessimistic, or having low self-esteem.
- Thoughts of suicide.



Guys and Depression

Since men are often expected to act tough and to not display emotion, depression tends to look different in men. Here are some symptoms you may see in a guy who is living with depression:

- Works compulsively
- Aggressive behaviour
- Isolate themselves
- Drinks more than normal
- High risk activities & reckless behaviour

Stigma

Stigma is a negative stereotype and discrimination is the behaviour that results from the stereotype. People with mental health conditions are often depicted as dangerous, violent, unpredictable, weak, attention seeking, or lazy...

... but this isn't true.

Just like when you get the flu or suffer from a physical illness, your brain can get sick, too. There is nothing wrong with asking for help if self-care and relying on friends isn't enough. It takes great strength to ask for help and to take care of yourself. Medication, therapy, or a combination of both can really help you if you struggle with depression. Make a plan with your family doctor.

Supporting someone with depression



- Call out stigma when you see it
- Be careful not to be judgmental
- Talk to the person about what you've noticed and why you're concerned
- Explain that depression is a medical condition, not a personal flaw or weakness, and that it usually gets better with treatment.
- Suggest seeking help from a professional - a medical doctor or a mental health provider, such as a licensed counselor or a psychologist.
- Offer to help prepare a list of questions to discuss in an initial appointment with a doctor or mental health provider.
- Express your willingness to help by offering to set up appointments and to go along to them.
- If your loved one's illness is severe or potentially life-threatening, contact a doctor, a hospital, or emergency medical services.

Getting Help

Make a counselling appointment with the Student Counselling Centre or Klinik. Talk to your family doctor about depression and find out your treatment options. Be kind to yourself - depression is both physically and mentally exhausting, and you deserve to feel better.

Ask yourself:

Do I have someone I trust to talk to?

Do I make time to relax?

Do I get enough breaks?

Am I getting regular exercise?

Am I eating nutritious meals?

Am I getting enough sleep?

Source: depression.org.nz/help-someone/

Resources

Student Counselling Centre: 474 UMSU University Centre*

<http://umanitoba.ca/student-supports/counselling-resources-students>

Klinik Community Health: 870 Portage Avenue

klinik.mb.ca

Crisis line: 204-786-8686

Canadian Mental Health Association

cmha.ca/depression

Calm in the Storm (app): calminthestormapp.com

Free on iPhones and Androids.

Calm (app): calm.com

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*There are no in-person services at the University of Manitoba currently.

Check the relevant websites for remote services and updates.