



# Guide to Depression

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)

# 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.

## 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 is not 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.



# 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

# 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?



# UM Resources

## Depression

### [Student Counselling Centre \(SCC\)](#)

The SCC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and groups.

474 UMSU University Centre

204 474-8592

<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>

### [Health and Wellness](#)

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

[healthandwellness@umanitoba.ca](mailto:healthandwellness@umanitoba.ca)

<https://umanitoba.ca/student-supports/health-wellness>

### [Empower Me](#)

Empower Me is a service that is available to UMSU and UMGSA members that have student insurance through the university.

Empower Me, which has a range of specialists that can provide individualized support by phone, video conference, or by an in-person visit, depending on COVID-19.

[https://studentcare.ca/rte/en/IHaveAPlan\\_UniversityofManitoba\\_EmpowerMe\\_EmpowerMe](https://studentcare.ca/rte/en/IHaveAPlan_UniversityofManitoba_EmpowerMe_EmpowerMe)

### [Indigenous Student Centre \(ISC\)](#)

The Indigenous Student Centre welcomes and supports Indigenous students and offers programming for students at any level of study, including Indigenous leadership development. They also provide opportunities for students, staff and the wider community to learn about First Nations, Inuit and Métis culture.

Migizii Agamik - Bald Eagle Lodge

[isc@umanitoba.ca](mailto:isc@umanitoba.ca)

204-474-8850

<https://umanitoba.ca/indigenous/student-experience>

### [Healthy U](#)

Healthy U provides students with health and wellness resources.

[healthyuofm@umanitoba.ca](mailto:healthyuofm@umanitoba.ca)

<https://www.healthyuofm.com/>

### [Sexual Violence Resource Centre \(SVRC\)](#)

Provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence

537 UMSU University Centre

[svrc@umanitoba.ca](mailto:svrc@umanitoba.ca)

204-474-6562

<https://umanitoba.ca/student-supports/sexual-violence-support-and-education>

# Off Campus Resources

## Depression

### Klinic Community Health

167 Sherbrook Street

General line: 204-784-4090

Crisis line: 204-786-8686

[klinik@klinik.mb.ca](mailto:klinik@klinik.mb.ca)

[klinik.mb.ca](http://klinik.mb.ca)

### Canadian Mental Health Association

General Line: 204-982-6100

[office@cmhawpg.mb.ca](mailto:office@cmhawpg.mb.ca)

<https://cmha.ca/brochure/depression-and-bipolar-disorder/>

### Bounce Back

General Line: 1-855-873-0013

[bounceback@cmha.ca](mailto:bounceback@cmha.ca)

<https://bounceback.cmha.ca/welcome/>

### Mood Disorders Association of Manitoba

General Line: 204-786-0987

[info@moodmb.ca](mailto:info@moodmb.ca)

<http://www.mooddisordersmanitoba.ca/contact/>

### WRHA: Cognitive Behavioural Therapy with Mindfulness (CBTm)

CBTm is an education program designed to help build resilience and improve mental health and wellness. It is recommended as first-line treatment for anxiety and depression.

<https://wrha.mb.ca/groups/cbtm/>