Do You …

- Feel worthless, helpless or hopeless?
- Sleep more or less than usual?
- Eat more or less than usual?
- Have difficulty concentrating or making decisions?
- Lack of interest in daily activities?
- Have decreased sex drive?
- Avoid other people?
- Have overwhelming feelings of sadness or grief?
- Feel unreasonably guilty?
- Lack energy or feel very tired?
- Have thoughts of death or suicide?

These are the signs of depression. If you experience several of these over a 2-3 week period visit the Depression Lifelines website to find out what kind of help is available for you.

The Link Between Mental And Physical Health

- The mind and the body are joined. Good mental health supports good physical health.
- Poor mental health may make you more vulnerable to physical illness. The risk of death after a heart attack is significantly higher for people with depression.
- Many people who experience a physical illness or live with a chronic condition become depressed.
  - Heart Disease
  - Stroke
  - Alzheimer’s
  - Parkinson’s Disease
  - Epilepsy
  - Diabetes
  - Cancer
  - HIV / AIDS
  - Chronic Pain
  - Obesity


- At any given time, 4 - 5% of Canadians live with depression. Women are diagnosed with depression at twice the rate of men.
- For those who seek treatment, 80% respond well.

Why Visit Our Site?

- To explore an array of choices to promote health, prevent depression, and treat it.
- To find trusted information sources.
- To find research resources to learn more.

We Offer

- Sensitive, plain language, self-screening tools. These tools allow people to find out what types of help they are comfortable with.
- Information and links to a range of options.
- Links to information on community services and resources.
- Links to self-help and mutual aid networks.
- Access to on-line support groups.
- An on-line question and answer forum with professional counsellors.

See www.cmha.ca for more on mental health and mental illness.

Many thanks to our partners: Canadian Mental Health Association, Nova Scotia and Alberta Divisions.

“Production of this brochure has been made possible through a financial contribution from the Public Health Agency of Canada.”