

## What do you need to know about depression? Part I

### 你所需要知道的憂鬱症(上)

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#### What Is Depression?

Depression is a common, complex, and serious health condition that impacts the whole person and needs to be diagnosed and treated by appropriate professionals.

The followings are the key points about depression:

1. Depression is a serious health condition.  
Depression impacts our thinking, feeling, health, energy level, sleep, eating, relationship, work, self-perceptions, motivation, cognitive functioning, and safety (for example, accident, suicide, substance use)
2. Depression impacts all people; everyone could be impacted by depression.
3. Depression symptoms and signs differ from people to people. For example, some people with depression may have problem sleeping, but others with depression may sleep a lot and still feel tired. Some may gain weight, and some may lose weight. Some may feel sad, and some may feel numb.
4. There are many types of depression – such as seasonal depression, peripartum depression, and anxious depression.
5. Depression has complex causes, multi-faceted expressions, and pervasive impacts on a person's life. Moreover, some other diseases may also look like depression. Therefore, professional assessment and treatment are vital for people with depression symptoms.

#### 什麼是憂鬱症？

憂鬱症是常見、但很複雜、也是很嚴重的健康問題，會影響到整個人的身心，必須由專業的人員診斷和治療。憂鬱症有幾個大家都需要知道的重點：

1. 憂鬱症是很嚴重的健康問題，會影響一個人的思考、感覺、健康、能量、睡眠、飲食、人際關係、工作、對自我的看法、動機、認知能力的運作，甚至安全（如意外、自殺、藥物濫用等）
2. 憂鬱症可以影響所有的人，每個人都有可能受到憂鬱症的衝擊。
3. 憂鬱症的症狀每個人不同：有些憂鬱症的人可能沒有辦法入睡，但是有些人可能會睡得很多，仍然覺得很累；有些人會增重，但有一些人會減重；有些人會覺得很憂傷，但有些人可能覺得很麻木。
4. 憂鬱症分很多種：有季節性憂鬱症、產後憂鬱症、焦慮性憂鬱症。
5. 憂鬱症的原因不是單一的，通常都有複雜的原因，多重表現方式，對生活會產生全面的影響，另外也要注意有一些疾病症狀看起來很像憂鬱症，因此對於有憂鬱症症狀的人，最重要的是要得到專業的評估和治療。

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## Signs, symptoms (or Warning Signs)

Depression affects different people in different ways. Some signs and symptoms may include feeling several of the following for at least two weeks:

- Feeling some or one of these feelings: sad, numb, irritated, hopeless, pessimistic, anxious/keyed up, lonely, and/or indifferent
- Changes in sleep (can't sleep or sleep a lot)
- Changes in appetite (eat a lot or have no appetite)
- Lack of concentration or focus
- Changes in memory or decision making
- Loss of energy
- Lack of interest in activities or lost motivation
- Hopelessness or guilty thoughts
- Changes in movement (less activity or agitation)
- Physical aches and pains
- Self-harming thoughts or behaviors
- Suicidal thoughts

[To learn more about depression, click here.](#)

## 什麼是憂鬱症的症狀？

憂鬱症對不同的人有不同的影響，如果有下列的感覺持續兩週以上，都可視憂鬱症的症狀：

- 感覺悲傷、麻木、焦躁、無望、悲觀、焦慮、孤單或甚至漠不關心
- 睡眠的改變（睡不著或者是睡很多）
- 食欲的改變（吃很多或沒有胃口）
- 無法專注
- 記憶或做決定的方式改變
- 沒有精神
- 對活動失去興趣和動機
- 覺得無望或有罪惡感的念頭
- 身體上的疼痛
- 有傷害自己的念頭或行為
- 自殺的念頭

[更多關於憂鬱症 請點此。](#)