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.

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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.*

**What is depression symptom?**

憂鬱症對不同的人有不同的影響，如果有以下的感覺持續兩週以上，都可視為憂鬱症的症狀：

- 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.*