

# DEPRESSION



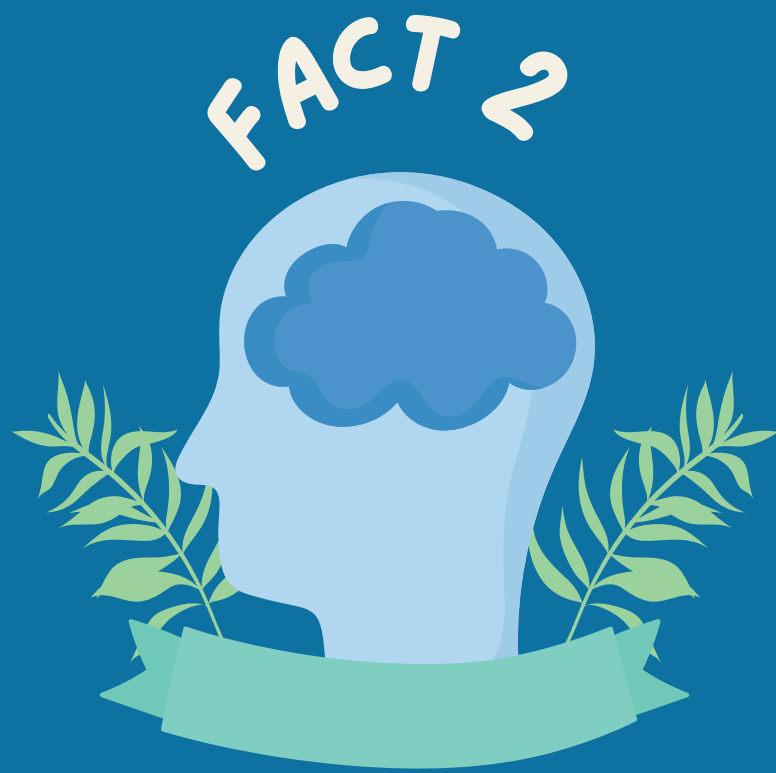
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# KEY FACTS

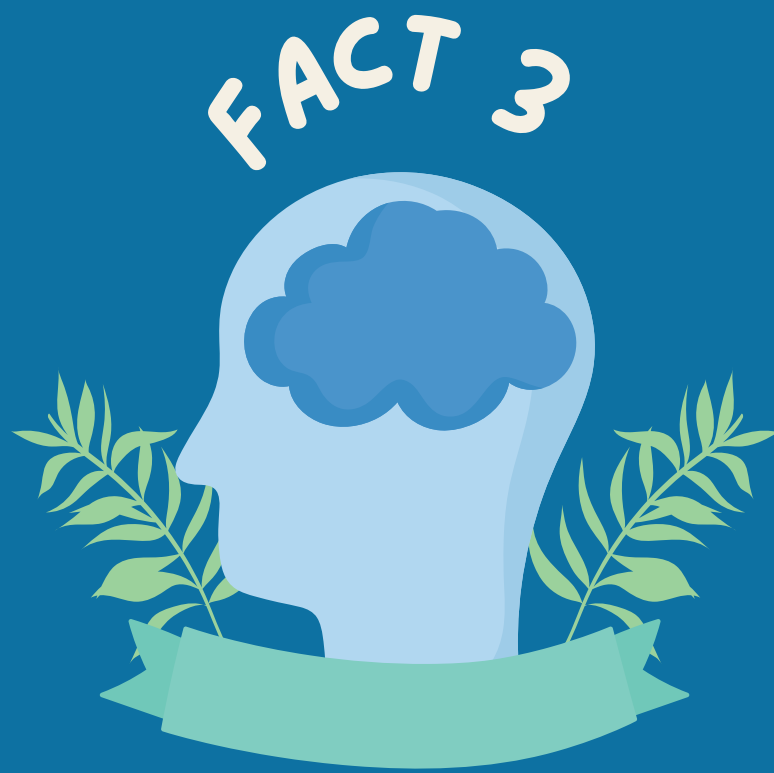
AN INITIATIVE BY CONSULT ANIKET



**Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life.**



During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day, for at least two weeks.

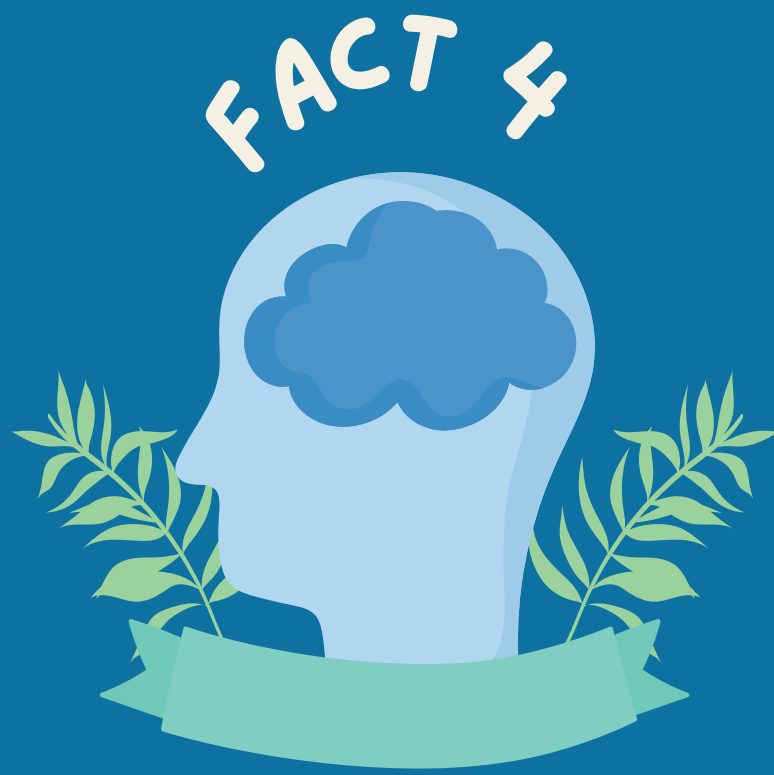


Several other symptoms are also present, which may include poor concentration, feelings of excessive guilt or low self-worth, hopelessness about the future...

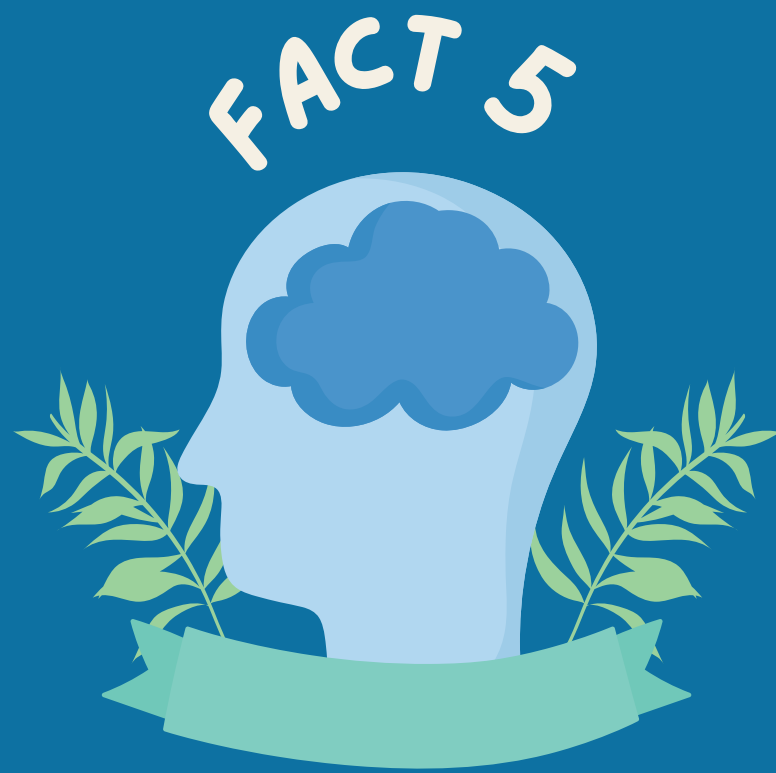
FACT 3  
CONTD...



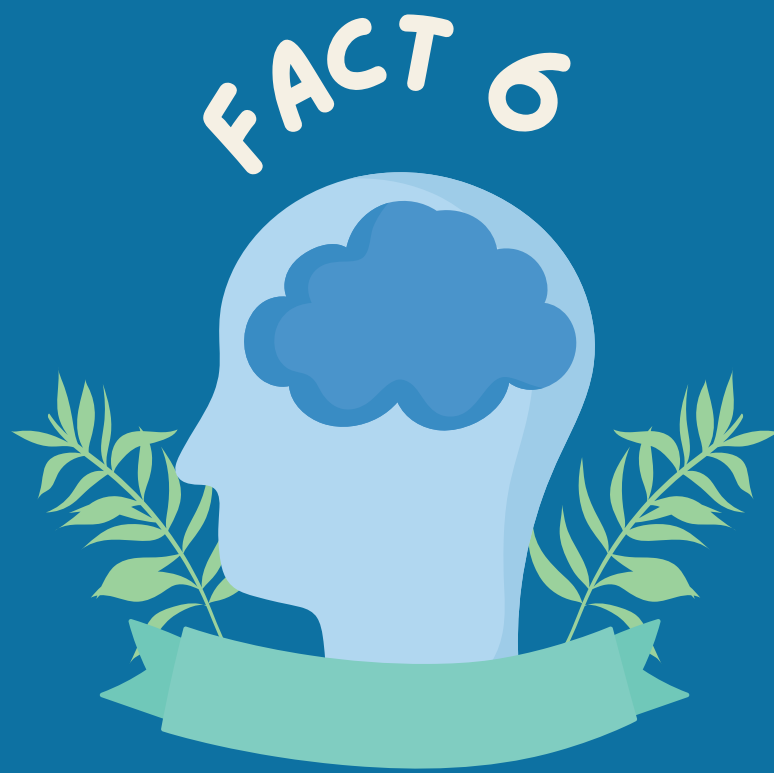
...thoughts about dying or  
suicide, disrupted sleep,  
changes in appetite or weight,  
and feeling especially tired or  
low in energy.



People with depression are  
at an increased  
risk of suicide.



**In 2019, 280 million people were living with depression, including 23 million children and adolescents.**



Effective psychological treatment exists, and depending on the age and severity, medication may also be considered.





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