

# Depression

## Symptoms

## Treatment

Everyone occasionally feels blue or sad. But these feelings usually pass within a couple of days. Depression interferes with daily life and causes pain for both you and those who care about you. Depression is a common but serious illness.

### Signs and Symptoms

- Persistent sad, anxious, or *empty* feelings
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability, restlessness
- Loss of interest in enjoyable activities
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems that do not ease with treatment.

Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with help. Psychotherapy can help people recognize what leads to depression and help to change behaviors that may be making the depression worse.

Research has found that the average person who receives therapy for depression does better than 79% of those who do not receive any treatment.

Medipsy mental health professionals are trained to assess your symptoms, your preferences and your response to treatment. You and your therapist will collaborate to develop a treatment plan based on scientific evidence and tailored with your needs in mind.



Psychological Services

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