



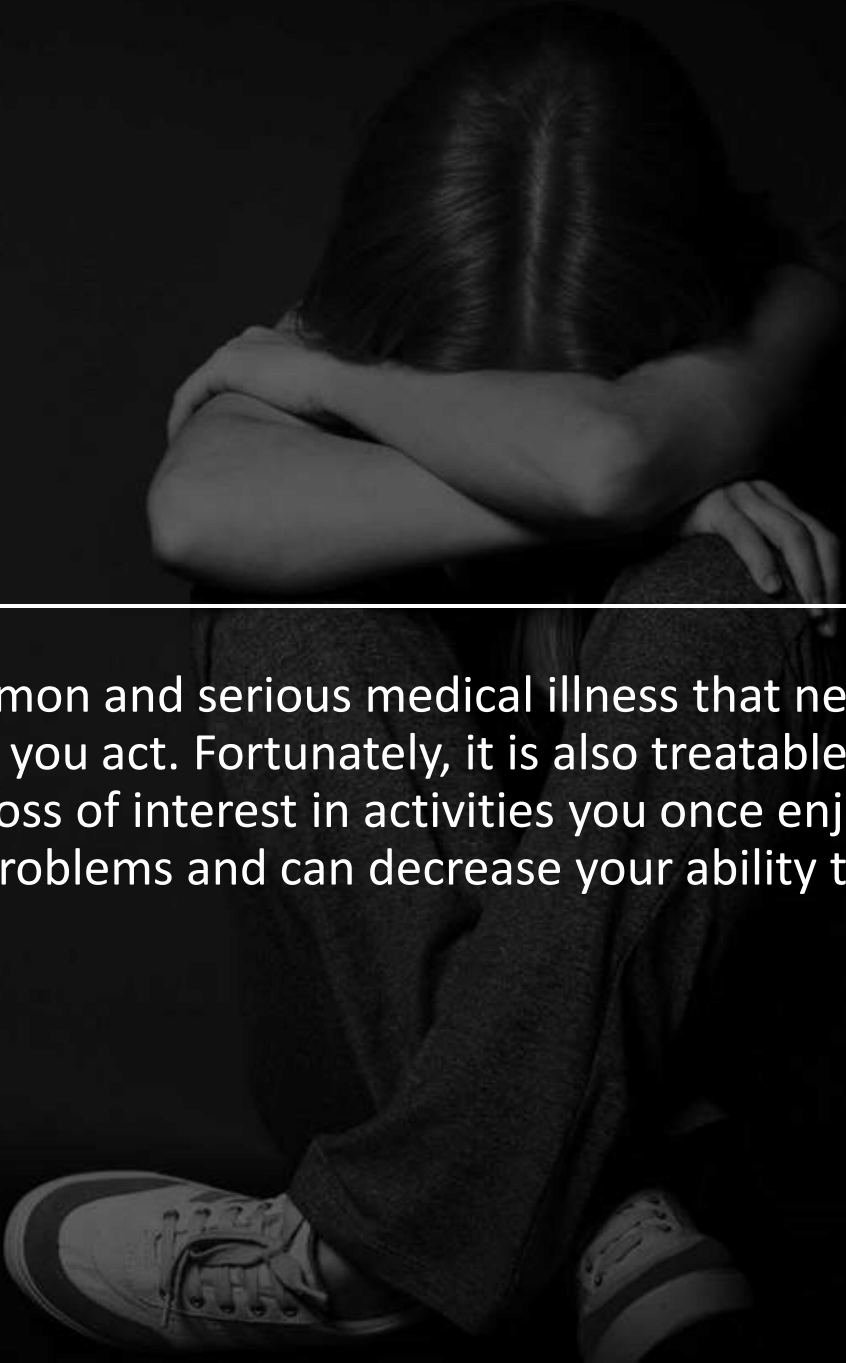
# Depression

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# What is depression?

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- Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.
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# Signs and symptoms of depression

- weight gain or loss
- physical pain
- substance use problems
- panic attacks
- relationship problems
- social isolation
- thoughts of suicide
- self-harm
- feeling depressed most of the day
- loss of interest in most regular activities
- significant weight loss or gain
- sleeping a lot or not being able to sleep
- slowed thinking or movement
- fatigue or low energy most days
- feelings of worthlessness or guilt
- loss of concentration or indecisiveness

# What are the main causes of depression?

- Abuse. Past physical, sexual, or emotional abuse can increase the vulnerability to clinical depression later in life.
- Certain medications.
- Conflict.
- Death or a loss.
- Genetics.
- Major events.
- Other personal problems.
- Serious illnesses

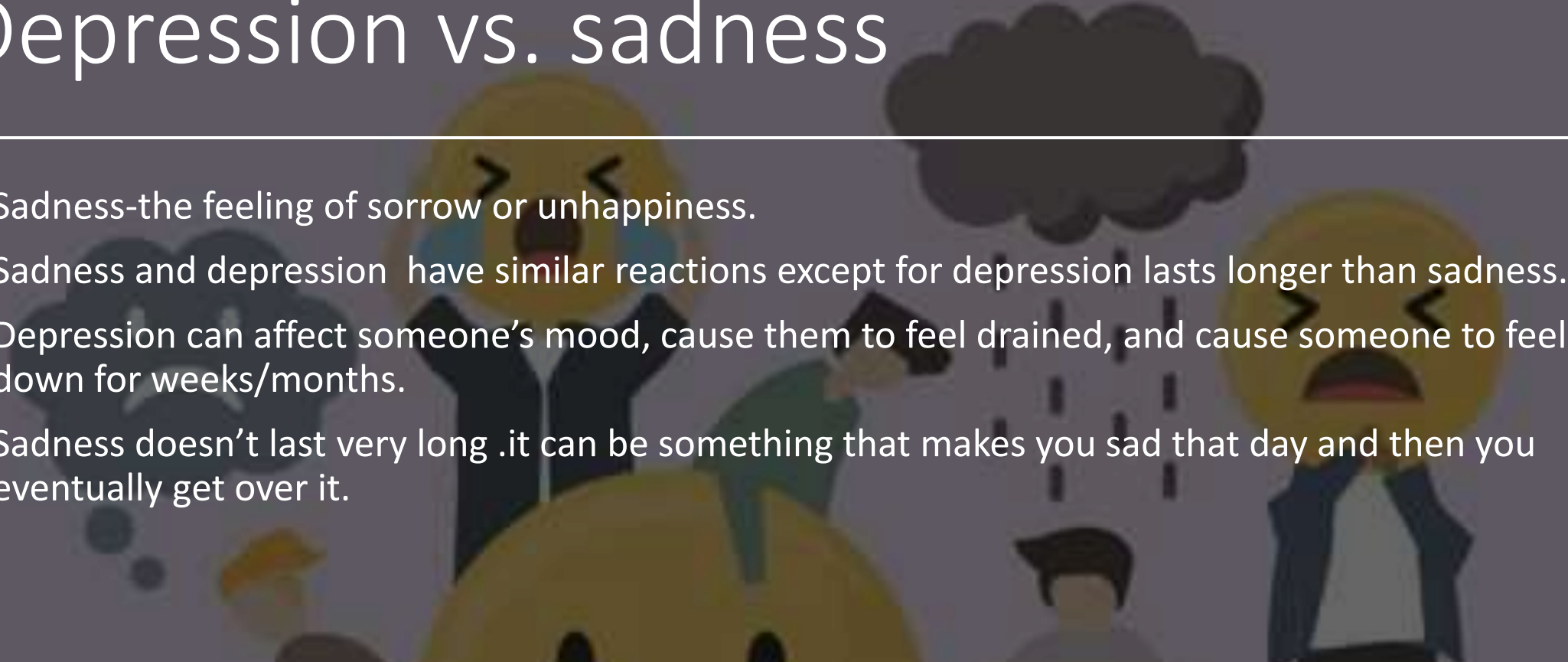




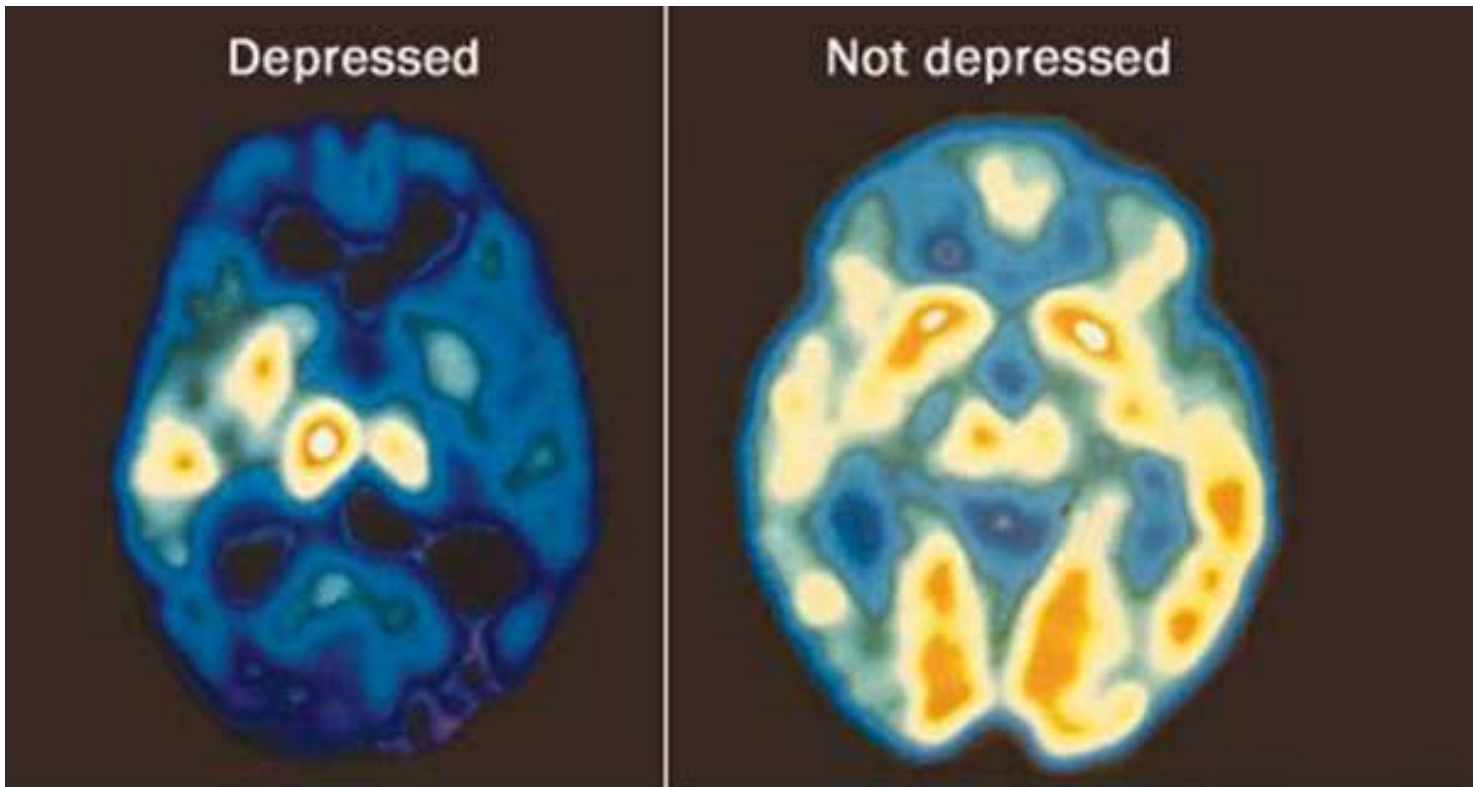
# ARE YOU SAD OR DEPRESSED?

## Depression vs. sadness

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- Sadness-the feeling of sorrow or unhappiness.
  - Sadness and depression have similar reactions except for depression lasts longer than sadness.
  - Depression can affect someone's mood, cause them to feel drained, and cause someone to feel down for weeks/months.
  - Sadness doesn't last very long .it can be something that makes you sad that day and then you eventually get over it.
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- A background illustration featuring several stylized human figures and large yellow sad face emojis. One figure in the center is crying with their arms raised. To the right, a figure stands under a dark, rainy cloud. In the foreground, a large yellow sad face emoji is prominent. The overall theme is emotional distress.

# PET scan of the brain for depression



- A PET scan can compare brain activity during periods of depression (left) with normal brain activity (right). An increase of blue and green colors, along with decreased white and yellow areas, shows decreased brain activity due to depression.



# Gender and depression

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After puberty, depression rates are higher in females than in males. Because girls typically reach puberty before boys do, they're more likely to develop depression at an earlier age than boys are. There is evidence to suggest that this depression gender gap may continue throughout the lifespan.



## Depression can strike anyone!

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- Children as young as 5 or 6 can experience symptoms that resemble depression in adults.
- The onset of true depression increases sharply during the teenage years, then gradually rises to peak around age 40.
- Average onset age is 30 with treatment beginning usually about 3 years later.



The image features two cartoon-style babies sitting and crying. The baby on the left is wearing a blue onesie and has a yellow tuft of hair. The baby on the right is wearing a purple onesie and has a pink bow in her hair. Both babies have their mouths wide open in a cry, with blue tears falling around them. The background is a dark, muted grey. A vertical white line is positioned between the two babies, separating the text on the left from the text on the right.

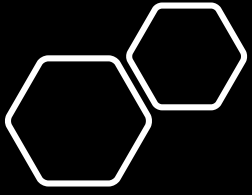
## Hereditary

- Identical twins share the same genes, while fraternal twins (and non-twin siblings) share only 50% of their genetic material. Researchers from all over the world have found that when one identical twin is depressed, the other twin will also have depression 76% of the time

# Medications for depression

- psychotherapy
- light therapy
- alternative therapies
- exercise
- avoid alcohol and drugs
- learn how to say no
- take care of yourself





## Famous People Alive Today Who Have Battled Depression

- Chris Evans
- Eminem
- Johnny dep
- Angelina jolie
- Lady gaga
- J.K.Rowling




An illustration of a person with dark skin and short hair, wearing a yellow t-shirt, sitting in a bed with blue covers and reading a green book. A grey and white cat is perched on their shoulders. The room is dimly lit, with a bedside table holding a lamp with a white shade and a red base, and a silver alarm clock. A smartphone with a 'OFF' notification is on the bed. The background is a dark brown wall.

## Ways to help a friend with Depression

- **Learn about what your friend is going through.**
- **Be open and welcoming, and listen.**
- **Take their feelings seriously.**
- **Help them to find support.**
- **Continue supporting them and respond to emergencies.**
- **Celebrate their successes.**





# Where to get help for depression?

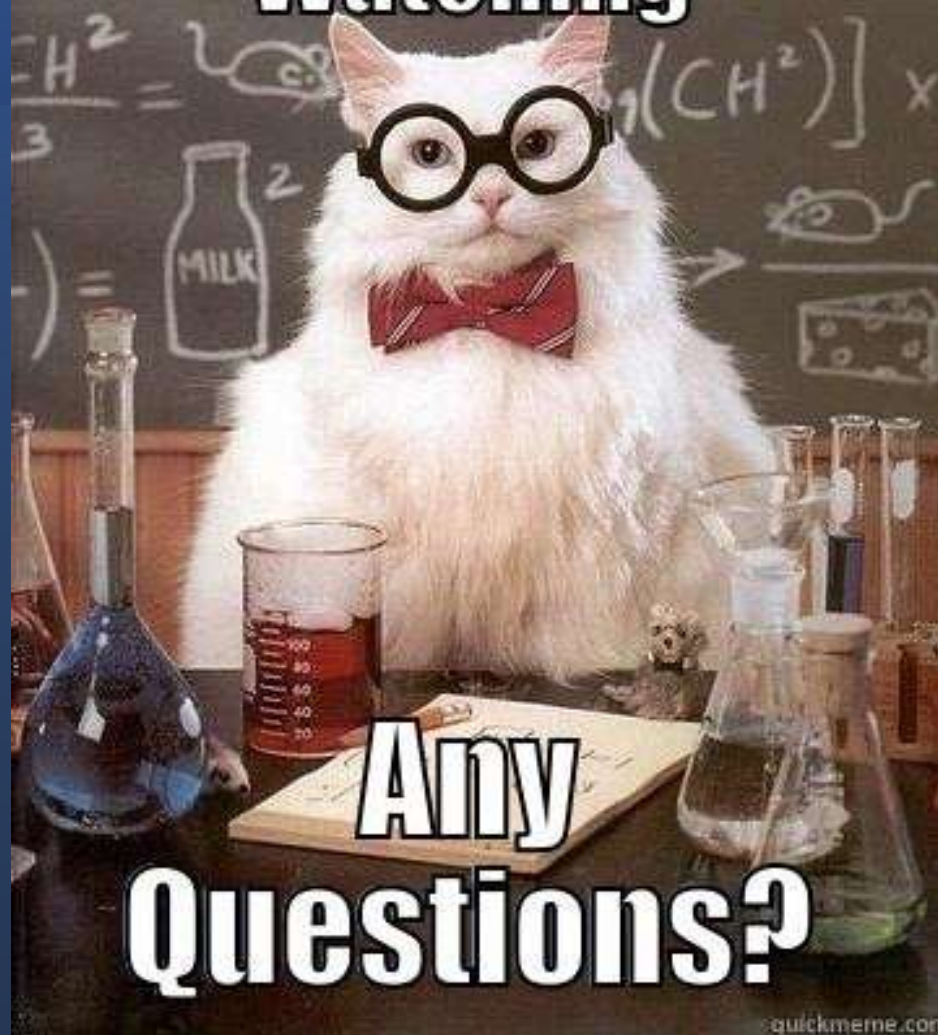
## organizations

- Sammuttana - 0112883847
- Sumithrayo- 0112696666
- Mel Medura - 0112 694 665

## Psychiatrists

- Neil Fernando
- M. Ganeshan
- Shehan Williams
- Damani De Silva jayasinge
- Manoja Kulatunga
- Ravin Hanwella
- Varuni De Silva
- Sudarshi Seneviratne

**Thanks for  
Watching**



**Any  
Questions?**



**The End**

boom guys, boom.