

Take to your health care provider
to see what's right for you

**Blues / Depression /
Down / Sad Mood**

Clinical depression, major depressive episode or disorder

Reduce or stop substances that worsen mood

- Alcohol, it's a downer to mood
- Marijuana, hashish, and party drugs can lower mood
- Depression can be effectively treated even if still using alcohol or drugs

Make sure your physical health has been checked

- Review any prescription or over the counter medications or supplements
- Thyroid hormone or blood sugar problems might cause depression symptoms
- Low iron, hemoglobin or vitamin B12 levels might cause low energy

Learn what's happening in your body, sleep and eating rhythms

- Clinical depression causes real physical symptoms such as low energy, disturbed sleep and appetite, difficulty concentrating, feeling irritable or agitated
- It doesn't mean you're weak, crazy, or not trying hard, it's not your fault

Specific anti-depression counseling talk therapy – CBT or IPT

- Depression distorts and exaggerates the negative, making things seem worse or hopeless – you catastrophize, personalize, focus on the negative, unfair to yourself

- Cognitive Behaviour Therapy helps you examine your thinking habits and behaviours and correct these with skills to improve mood and prevent depression
- Interpersonal Therapy helps you figure out how relationship problems (work, family, friends) may be repeating, and causing or contributing to depression
- Self help books on CBT, IPT or peer support organizations, employee assistance can help

Recommended antidepressant medications and other physical treatments

- Check with your health care provider for medications that may be best for you
- Most take three or four weeks to start working
- Are not addictive – take regularly as recommended-don't stop abruptly
- Helps put brain chemical imbalance back in to their normal natural balance
- Exercise helps mood and prevents depression – if and when you're able
- Light therapy for seasonal depression (only use a special light therapy light)
- ECT – electroconvulsive therapy may be effective (it's not like in the movies)

Seek emergency/urgent help if thoughts/plans to hurt yourself/suicidal

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