

## Depression is a real disease

People suffering from depression are not losers, lazy

people, or whiners. They suffer from a serious disease

that prevents them from being able to face the stress

Like diabetes or bronchitis, depression has particular

causes, symptoms, and treatments. The earlier it

of life and manage daily tasks.

detected, the better it can be treated.

Depression can affect anyone

Depression has several faces

Depression can be treated

of depression in most cases. Whether outpatient

treatment or a stay in hospital is advised depends on

the severity of the depression and the risk of suicide.

In all cases, treatment for depression is prescribed by

a health professional and adapted to the individual's

## Just listening can help



Like other mental illnesses, depression is relatively unknown and poorly understood. In many cases, people going through depression are blamed for their suffering ("he should pull himself together"). Friends and acquaintances often disengage, wrongly assuming that only doctors and psychologists have a role to play in recovery. However, as with all diseases, people suffering from depression need understanding and support from

Family and friends play an important role in recovery,

Anti-depressants are not addictive or personality

those around them. Ligue at 45 55 33. LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé

Not every person who experiences depression necessar-

ily has the same symptoms. For some, a lack of energy

and drive dominates, but for others, it is internal agi-

tation. In general, one experiences a profound sadness

and strong apathy, accompanied by a feeling of inner

emptiness. People suffering from depression often have

mental illnesses, there is little awareness of it among the general public, and it is often poorly understood. Depression has no single cause and most often results from a combination of factors. This disease can develop slowly and incrementally, but it can also appear suddenly and unexpectedly.

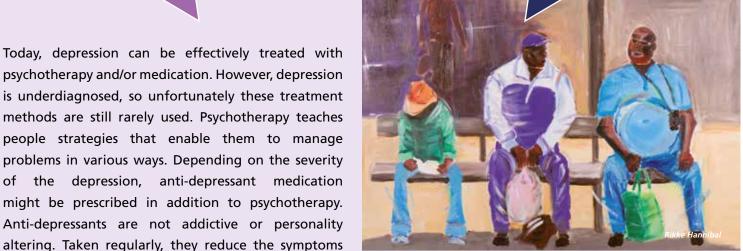


Depression is one of the most common diseases and also one of the most underdiagnosed. Around twenty million people suffer from depression in Europe each year. One out of every five will suffer from depression at least once during their lives. Depression can affect anyone: people at any age, in any profession, and in any social class; men, women, and also children.

Even though depression is one of the most prevalent

physical problems. Some may feel an oppressive anxiety. Depression affects every area of life: daily tasks, professional obligations, leisure activities, and social interactions. The severity of depression varies and can even result in a complete inability to carry out daily tasks.

Some people only experience one depressive phase in their life, which can last for several weeks or months. Others experience many depressive phases.



## The number and intensity of symptoms varies. Depression is present when these symptoms occur almost all day and persist for at least two weeks.

More information about depression and a detailed list of services and agencies that can help are accessible via the website www.prevention-depression.lu or by calling the Service Information et Prévention de la

Depression Criteria

At least five of the following symptoms, when at

Depressed mood (sad, empty, hopeless)

Loss of interest or pleasure

Restlessness or retardation

Fatigue or loss of energy

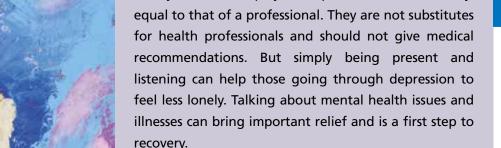
Disturbed sleep

Decrease or increase in appetite

Feelings of guilt or worthlessness

• Thoughts of death, suicidal ideas

Diminished ability to think or concentrate



## **Depression - Let's talk**







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