

FEELING DEPRESSED OR HAVING A DEPRESSION?

Signs to watch out for and where to get help.

Being depressed can happen to anyone for many different reasons. You may feel sad or unwell when you live far away from your family, receive bad news, or experience persistent aches and pains.

SIGNS TO LOOK OUT FOR:

- Feeling sad.
- Losing the desire to do the activities you enjoy or even stopping them altogether.
- Feeling useless.
- Finding life boring.
- Being tired all the time.
- Always being afraid that something bad will happen.

If you are feeling a few of these signs

You may be a little depressed.

Sharing your feelings with someone you trust can be beneficial.

Remember that:

- Your friends, family, partner, a volunteer or a counsellor can be there to lend a listening ear.
- A phone call, a visit, or a chat via text or video message can help.

If you have been experiencing several of these signs for at least two weeks

You may be suffering from depression, which is more serious than simply feeling depressed. Seek help from a qualified person who can listen to you and provide guidance.

Visit this website for more information on depression (French only)
santepublicquemontreal.ca/conseils-et-prevention/conseils/depression-ou-deprime.



DON'T HESITATE TO ASK FOR HELP

There are free and confidential services available.

A healthcare professional will take the time to:

- Clarify your needs and address them.
- Identify the right resource to assist you.

For help and guidance:

- Call 811. Select the Info-social option.
- Visit a CLSC. m34.pub.msss.rtss.qc.ca/rechCodePostal.asp
- Speak to a doctor, pharmacist or any other healthcare professional you trust.

If you are having suicidal thoughts:

- Call 1-866-APPELLE (277-3553) or text 535353. Available 24 hours a day, 7 days a week.
- Chat: Suicide.ca.

**No matter your age or circumstances,
it is always possible to improve
your mental health!**