

Signs That You're Struggling With

DEPRESSION



SADNESS

DO YOU FEEL SAD MOST DAYS?



IRRITATED?

IS GETTING IRRITATED A CONSTANT STRUGGLE FOR YOU?



LOSS OF INTEREST IN SEX

HAVE YOU LOST THE DESIRE TO BE INTIMATE?



SUICIDAL THOUGHTS

HAVE YOU EXPERIENCED SUICIDAL THOUGHTS OR IDEATIONS?



SLEEP...

SLEEPING TOO LITTLE? OR, TOO MUCH?



HOPLESSNESS

IS IT COMMON FOR YOU TO FEEL HOPELESS?

GUILT / SHAME

DO YOU OFTEN FEEL A SENSE OF GUILT OR SHAME?



LOSS OF INTEREST

HAVE YOU EXPERIENCED A LOSS OF INTEREST IN PLEASURABLE ACTIVITIES?



CONCENTRATION

DIFFICULTY CONCENTRATING AND/OR MAKING DECISIONS?



EATING

HAVE YOU FOUND THAT YOU'RE OVER OR UNDER EATING?

HERE'S THE GOOD NEWS

We're specialists providing analytical therapy, more aptly known as Psychoanalytic Psychotherapy, and we know how to treat you effectively.

themindpeople.ca

ABOUT DEPRESSION

Depression is a mental health condition that makes people feel persistently sad, hopeless, and uninterested in things they used to enjoy. It can affect a person's thoughts, feelings, and daily activities, making it difficult for them to cope with life's challenges. Depression is a real and serious illness, but with support, professional guidance & proper treatment, many people can manage it and lead fulfilling lives.



COMMON CONDITION

Depression is one of the most common mental health disorders globally, affecting millions of people regardless of age, race, or background.



PHYSICAL SYMPTOMS

It's not just a mental condition. Depression can also cause physical symptoms like headaches, stomach problems, and changes in appetite and sleep patterns.



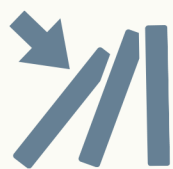
DIFFERENT FOR EVERYONE

Symptoms of depression can vary widely from person to person. Some may feel constantly sad, while others might experience irritability, loss of interest in activities, or physical aches and pains.



BIOLOGICAL FACTORS

Biological factors, such as genetics and changes in brain chemistry, can contribute to the development of depression.



TRIGGERS & STRESSORS

Life events like loss, trauma, or major changes can trigger depression, but sometimes it can occur without an obvious reason.



IMPACT ON DAILY LIFE

Depression can significantly impact a person's ability to work, study, or maintain relationships, making it important to seek help and support.



THERAPY TREATMENT WORKS

Therapy provides a supportive and structured environment for individuals to address and manage the emotional, cognitive, and behavioral aspects of depression, promoting healing and improved mental well-being.



PREVALENCE IN YOUTH

Depression can affect individuals at any age, but it often starts in adolescence. It's crucial to address mental health concerns in young people to prevent long-term effects.

our therapy is different

the mind people