# CHENNAI MINDS LEAFLET – DEPRESSION

All You Need To Know About Depression

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## WHAT IS DEPRESSION?

Depression is the inability to contruct the future - Rollo May



**CAUSES OF DEPRESSION:**

Depression occurs as a result of a combination of varied factors and usually triggered by stress. You may be vulnerable to depression as a result of certain personality traits. You could be predisposed as a family member may have suffered depression. Loneliness, alcohol, illnesses can all contribute to depression.

**QUESTIONS TO ASK:**

- Do I feel low in mood and the inability to respond positively to good experiences?
- Have I lost the interest and enjoyment in life?
- Have I lost the energy and getting increasingly fatigued?

If the above symptoms have persisted on most days for at least 2 weeks then you must seek help.

**TREATMENT:**

There are 30 different types of antidepressants which act on neurotransmitters such as serotonin and noradrenaline which are linked to emotions and mood. The commonly used medications nowadays are Selective Serotonin Reuptake inhibitors, commonly known as SSRIs. These are Fluoxetine, citalopram, paroxetine and sertraline. Side effects are stomach disturbances, feeling dizzy, and nausea.

**WHAT IS CBT - COGNITIVE BEHAVIOUR THERAPY?**

Cognitive behaviour therapy works on the principle that negative thoughts trap you and affect your feelings and behaviours. Sessions are constructed to break your problems into smaller chunks and deal with negative automatic thoughts which in turn will make you feel better. About 6 sessions will be of help.



**COUNSELLING:**

Counselling is helpful if you would like someone to help solve your problem. Counselling is not the same as giving advice and we don't offer readymade solutions. Dr Radhika also is trained in counseling. You are advised to take one session at a time. Each session is complete and further sessions may be booked if necessary.

**The good news is that the prognosis and long-term outcome is best if you are getting proper treatment.**

**DISCLAIMER**

***All the details contained in this leaflet are for information purposes only. You need to consult a Consultant Psychiatrist well trained to treat this condition. CHENNAI MINDS takes no responsibility for the information or the consequences of the decision made on reading this information leaflet.***