

Shining light on the 'shame'



Symptoms of depression



**Loss of weight/
changes in appetite**



**Persistent
despondency/
irritability**



**Withdrawal from
social interaction/
activities**



**Changes in eating/
sleeping patterns**



**Thoughts of
suicide**



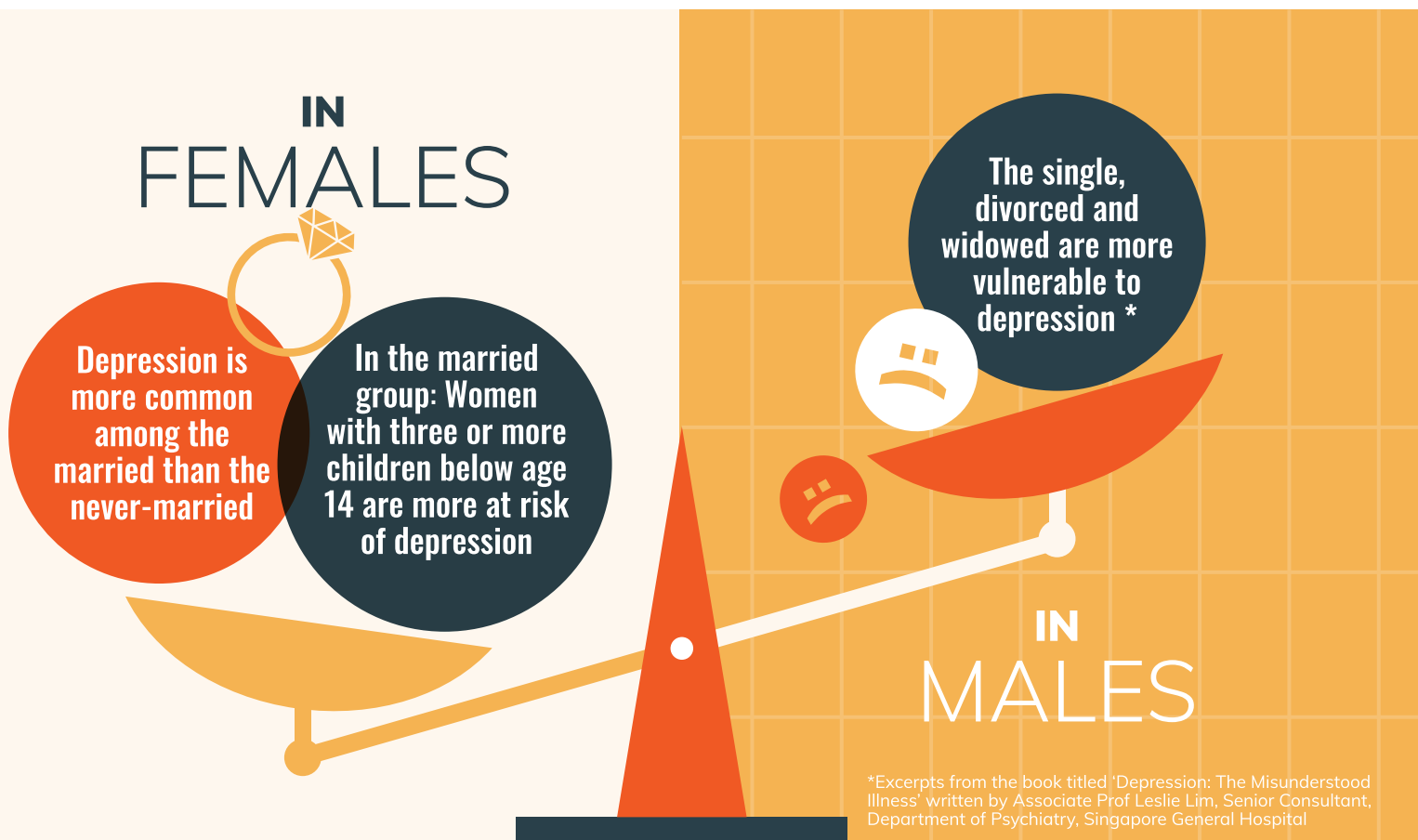
**Lack of
energy/ drive**



**Unexplained
aches/pains**

Women vs Men

Globally, more women are diagnosed with depression than men. However, it is not conclusive if this is reflective of the disease or the result of the men being less likely to seek help than women. It is likely a combination of such factors.



3 tips from experts to help a loved one who is depressed

There are no easy answers to help someone coping with depression, especially when your reserve of compassion is drained, and you feel that nothing you say or do makes a difference anyway. But help, you must!



Show up and be there

Do not underestimate the power of your presence when someone is depressed. No words are needed; show up and be there for your loved ones to remind them that they are special and not alone.



Acknowledge the pain

Refrain from pointing out how wonderful your loved one's life and accomplishments are — even if it is true. You may give the impression that you do not understand the pain he is going through. Also, resist the urge to offer suggestions and solutions. Simply listening is better.



Be direct about suicide

While it is true that depression and suicide do not always go hand-in-hand, depression is often a factor in suicide. Ask openly, "Are you thinking of killing yourself?". If the answer is yes, keep calm and find out what is running through his mind — the more you know, the easier it is to stop your friend from hurting himself.



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