

I'm not feeling well... what's wrong with me?

A depression has different faces:

Exhaustion.....

Hopelessness....

Pain.....



What's a depression?

Depression is a common disease that can affect anyone, regardless of age, profession, social status and origin. Depression can be treated - it is not a fate to be endured.

Depression often has a personal history. It can be touched off by a psychological or physical reaction to persistent stress and difficult life situations. Possible risks include insecure residential status, uprooting, social isolation, loss of close ones, financial difficulties, worries about children etc. A family history of depression-related condition is an additional risk factor.

Burnout occurs when a person is subject to chronic stress and falls into a state of excessive emotional, psychological and physical strain. A burnout can also develop into full-blown depression.

Traumatic experience and heavy mental stress, even if they occurred long ago, can also cause depression. The care of elderly family members thus requires considerable physical and emotional strength.

How do I recognize depression?

The signs of depression can be very different from person to person. Patients can display physical or psychological symptoms of the disease.

Psychological	Physical
<ul style="list-style-type: none"> - concentration disorders - negative thoughts - joylessness - great inner turmoil - irritability - aggressive behavior - fear and self-doubt - sense of hopeless - suicidal thoughts 	<ul style="list-style-type: none"> - sleep disorder - unusual weight gain / weight loss - severe fatigue - headache, back pain or abdominal pain - physical anxiety - loss of sex drive...

Children: Children can also suffer from depression. They often show it through: Sleep disorders, changes in eating habits, sadness, anxiety, separation anxiety, withdrawal behavior, bed-wetting, aggression, refusal to attend school and physical complaints such as stomach pains or headaches.



Where to get help:

Trust someone who is close to you. Talking about it helps.

If after some time, you do not feel better: Go to your family doctor or another specialist (psychiatrist or psychotherapist) whom you trust. This specialist can help you. Relatives can also get professional support. If you want to talk to other patients or relatives, self-help groups offer simple form of support.

For children: Contact the teacher and the school social worker to share your observations and get support for your child. If you do not see improvement, talk to your family doctor or pediatrician to help your child.

How is depression treated?

Depression can usually be treated effectively. Treatment should start as soon as possible, done by a trained specialist. Treatment can include psychotherapy, social support and medication if needed. The risk of not treating depression is that the condition can become chronic. Treatment costs are usually covered by health insurance. All healthcare professionals are bound by confidentiality.

Read more:

Brochure to download and order in 11 languages www.migesplus.ch

Explanatory film in 7 languages: <https://www.bernergesundheits.ch/newsletter/film-psy>

For children: parents emergency call advice for parents and other educators in educational stress situations, by telephone around the clock or by e-mail. Tel 0848 35 45 55, 24h@elternnotruf.ch, www.elternnotruf.ch