

# Depression



Interior Health  
Every person matters

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## What is depression?

Depression is a mental illness that affects a person's mood—the way a person feels. Mood impacts the way people think about themselves, relate to others, and interact with the world around them. This is more than a 'bad day' or 'feeling blue'. Without supports like treatment, depression can last for a long time.



**Signs of depression include feeling:** sad, worthless, hopeless, guilty, irritable, angry, or anxious most of the time.

People lose interest in things they used to enjoy and may withdraw from others. It can be hard to concentrate, learn new things, get a good night's sleep, eat, or make decisions. As a result, people can experience a lot of physical health problems.

## Managing Depression at Home

1. Eat a healthy diet, exercise every day, get a good night's sleep, minimize stress
2. Take medications as prescribed, even when you feel better
3. Talk to a trusted friend, family member, Elder or professional
4. Avoid substances such as: caffeine, pop, alcohol and marijuana
5. Challenge negative thoughts
6. Develop a daily routine to keep you on track
7. Write down appointments and questions for care providers

## Resources:

Talk to your doctor, nurse practitioner, or mental health worker.

Interior Crisis Line . . . . . I-888-353-CARE (2273)

Suicide Hotline . . . . . I-800-SUICIDE (784-2433)

Residential School  
Survivor Support Line . . . . . I-866-925-4419

KUU-US Crisis Response Services . I-800-588-8717  
. . . . . (I-800-KUU-US17)

Kids Help Phone 24/hr Crisis Support  
. . . . . I-800-668-6868

Mental Health Support . . . . . 310-6789

Depression Hurts . . . . . [www.depressionhurts.com](http://www.depressionhurts.com)

Here To Help . . . . . [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

Canadian Mental  
Health Association . . . . . [www.cmha.bc.ca](http://www.cmha.bc.ca)

Your Local Mental Health And Substance Use Office  
or local Aboriginal Health Clinic: \_\_\_\_\_

## Download an App for Your Mobile Device



<b>Healthlink BC</b>  <b>Call 8-1-1</b>  <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		