

# What is Depression?

Everyone feels sad or “blue” on occasion. Sadness and grief are normal reactions to life’s ups and downs and the losses we can experience.

Depressive illnesses are different. With a Major Depressive Disorder, a person can become sad, irritable and unable to feel pleasure in activities. Sleeping and eating habits can change. Thinking, making decisions and focussing can become very difficult. A person can feel helpless, hopeless and guilty. He or she may be fatigued and sleep all the time, having difficulty getting out of bed.

Depression can be treated!

To learn more, please see the Canadian Psychological Association link below:

<http://cpa.ca/psychologyfactsheets/depression/>