

# WORLD MENTAL HEALTH DAY

10 October 2012

WEST  
AFRICAN  
RESCUE ASSOCIATION



“DEPRESSION :  
A global crisis”



## DEPRESSION

### HOW MANY PEOPLE WORLDWIDE?

Depression affects more than 350 million people of all ages, in all communities, and is a significant contributor to the global burden of disease. Worldwide, almost 1 million lives are lost yearly due to suicide.



### WHAT IS DEPRESSION?

Depression is a common mental disorder characterized by *sadness, depressed mood, loss of interest or pleasure, feelings of tiredness, decreased energy, feelings of guilt or low self-worth, disturbed sleep and appetite, and poor concentration*. At its most severe, depression can lead to **suicide**.

The rate of suicide among Ghanaians is increasing at an incredible and alarming rate. **Five or more people in Ghana commit suicide everyday!** Some of the causes are sexual abuse, stigmatization, emotional pain from serious losses, relationship problems, poverty, impotence and being diagnosed with HIV.

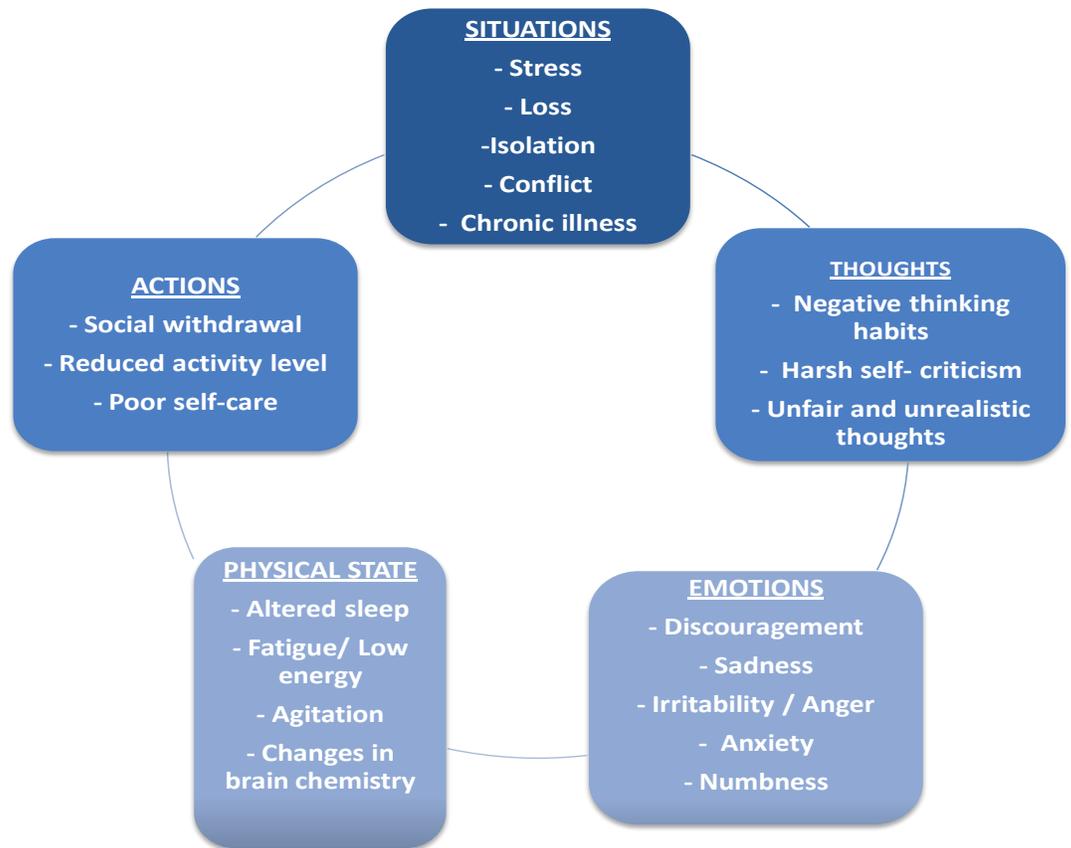
### WHO IS AFFECTED BY DEPRESSION?

- Depression affects people of all ages, education levels, socio-economic conditions, cultures, and in all occupations.
- Twice as many women suffer from depression compared to men.
- The onset of depression usually occurs in adolescence.
- Low socioeconomic status and low education level, are generally associated with depression.

# WHAT CAUSES DEPRESSION?



Depression is the result of complex interactions between **life situations, thoughts, emotions, physiology, and actions**. Each of these areas of one's life can play a role in the development of depression, and depression itself can have an impact on all of them.



## DEPRESSION IS TREATABLE

Psychosocial support combined with psychotherapy or antidepressant medication can improve the health and the lives of millions of people around the world!

### WARA DEPRESSION COUNSELING

WARA can manage and treat your depression. We have an in house counseling psychologist who is always available to listen to you, support you and help you understand and cope with your depression.

#### Self help and coping tips to overcome depression

- Establish a regular exercise routine to reduce stress.
- Try to eat a healthy balanced diet everyday to keep your body healthy.
- Consider relaxations technique to lower your stress.
- Maintain healthy sleep habits, as much as possible.
- Seek out friends and family support.
- Avoid and reduce stress in your daily life.
- Keep your working hours predictable and manageable.
- Limit or reduce alcohol because it may worsen your symptoms of depression or interfere with your medication.
- Create a daily routine by organizing and planning your day.
- Be patient with yourself.

**BELIEVE IN YOURSELF AND YOUR RECOVERY**