**DEPRESSION**

**What are the symptoms of depression ?**

The most frequent symptoms are:

* Feeling sad, anxious, hopeless, worthless, irritated, frustrated, guilty
* Losing interest in activities that you used to enjoy
* Fatigue
* Trouble to concentrate
* Insomnia or oversleeping
* Change in appetite or weight

**What are the causes of depression ?**

There is not any specific cause, but depression is often influenced by **risk factors**, such as:

* Traumatic or stressful life events
* Family history
* Chronic and painful medical conditions
* Some medications or alcohol misuse

**How to treat depression ?**

The management of depression is often multidimensional and tailored for the patient. It includes :

* Pharmacological treatments
* Psychological interventions: cognitive behavior therapy, counselling, talk therapies, psychoanalysis, problem solving therapy…
* Self-help and lifestyle changes: physical exercise, meditation, relaxation, acupuncture…

If you suffer from depression, you should consult with a health-care professional for an adapted evaluation and management. You may find it difficult to ask for help, but there is no shame in seeking support!