

What is depression?

- Depression is a disorder that affects how a person feels, thinks, and acts.
- When people are depressed, their brain works differently from when they don't have a depression. Our brains help us to think, feel, and act in certain ways. So when people are depressed, they think, feel, and act differently from how they do when they're well.
- Depression is not a weakness. It is also a fairly common disorder although people don't usually talk about it.

How does it feel to be depressed?

- Depression causes people to act in ways that are different from how they act normally.
- It can be very hard living with a parent who is depressed because that person may do or say things that make children feel bad or confused.
- Most children notice that a parent who is depressed is not as available to do things with them, like playing, talking, or driving them places.
- Depression causes many people to be impatient, to be more irritable, and to get angrier than normal. It can also cause someone to feel sad and cry a lot. These reactions from a parent can be very hard on children.
- A person with depression may get tired more easily and spend a lot of time in bed.
- Sometimes people who are depressed have trouble concentrating.
- People with depression may worry a lot more than normal.
- Sometimes people who are depressed have a negative attitude about life, or have low self-

What causes depression? How does it start?

- Depression is a disorder, much like diabetes or high blood pressure.
- There are many possible causes of depression. Sometimes the causes are not always known. What causes depression in one person can be different from what causes it in another. In some cases, symptoms can appear suddenly for no known reason. In some cases, the symptoms seem to come after a life crisis, stress, or other illness.
- It is unclear why, but some people become depressed more easily than others.
- The child is not the cause of the parent's depression.

Will the depression ever be fixed?

- The good news is that depression is very treatable. 75 to 85 per cent of adults treated for depression get better.
- Sometimes the depression comes back, and it can be treated again.

How can my people get better?

- Many different treatments are available, including medicine and talk therapy.
- Medicine helps to make the chemicals in the brain work better, and that can help the person who is depressed think, feel, and behave more normally.

What is an anxiety disorder?

There are different anxiety disorders. Each of them are distinct but they all share some similar features:

- irrational and excessive fear
- apprehensive and tense feelings
- difficulty managing daily tasks and/or distress related to these tasks.

The symptoms include:

- anxious thoughts (e.g. "I'm losing control")
- anxious predictions (e.g. "I'm going to fumble my words and humiliate myself")
- avoidance of feared situations (e.g. driving)
- subtle avoidances (behaviours that aim to distract the person, e.g. talking more during periods of anxiety)
- safety behaviours (habits to minimize anxiety and feel "safer," e.g. always having a cell phone on hand to call for help)
- excessive physical reactions (e.g., heart racing and feeling short of breath when in a stressful situation).

Like most mental health problems, anxiety disorders appear to be caused by a combination of biological factors, psychological factors and challenging life experiences, including:

- stressful or traumatic life event
- family history of anxiety disorders
- childhood development issues
- alcohol, medications or illegal substances
- other medical or psychiatric problems.

What is the treatment for Anxiety Disorders?

If you are suffering from anxiety, it is important to see your doctor so they can decide on the best cause of action. There are lots of different treatments available including:

- Relaxation training
- Meditation
- Stress Management training
- Counselling
- Cognitive Behavioural Therapy
- Anti-Anxiety Medication