

Adults

Resources

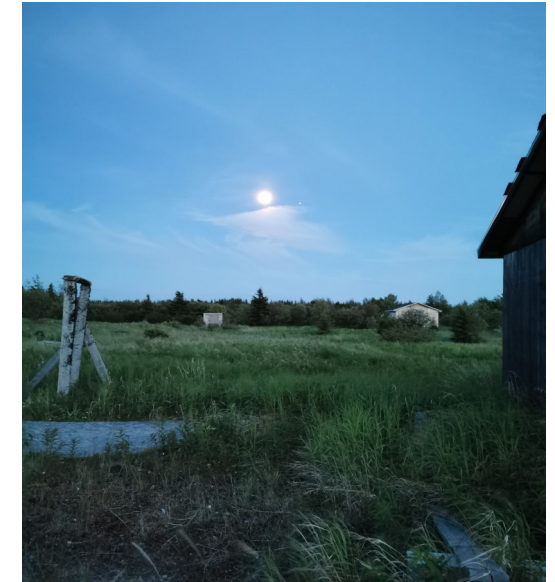
If you feel that your symptoms are too overwhelming or feel that a loved one is experiencing them. **Please contact your local clinic and seek help.** Its not a sign of weakness but strength that you want help.

For more information:

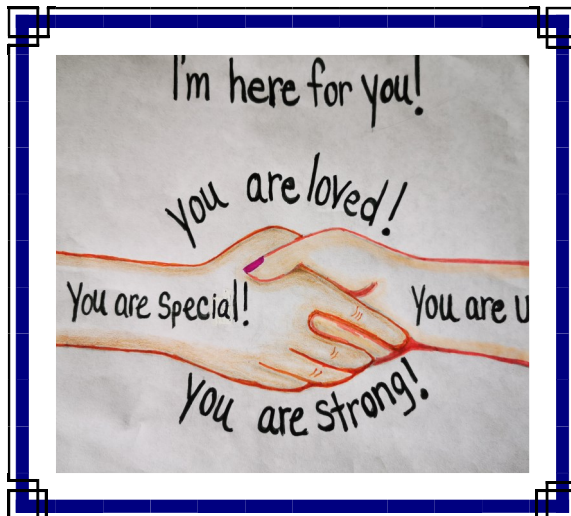
- www.mdsc.ca (mood disorders)
- www.mentalhealthcommission.ca
- cmha.ca
- Depressionhurts.ca



What is depression?



Depression is treatable



Cree Board of Health and Social Services of James Bay

Maanuuhiikuu Regional Department
Old arena
14 Maamuu Maaskinuu
Chisasibi, Que
JOM 1E0

Phone: 819-855-2744
Ext: 22813 or 22806
Fax: 819-855-9069
Or [contact your local CMC for support](#)

Logo designed by Kevin Mianscum

Art by Rachael Bobbish



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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

Depression is an extreme sadness/despair that lasts for weeks, months even years. It is profound pain that cannot be seen physically.

Some forms include:

- Seasonal affective disorder (SAD)
- Postpartum depression
- Depression & anxiety
- Major depressive disorder
- Depression related to mental health issues like bipolar or psychosis even substances uses.
- Dysthymia –chronic low mood with moderate symptoms of depression

There are other forms.

Depression can be caused by:

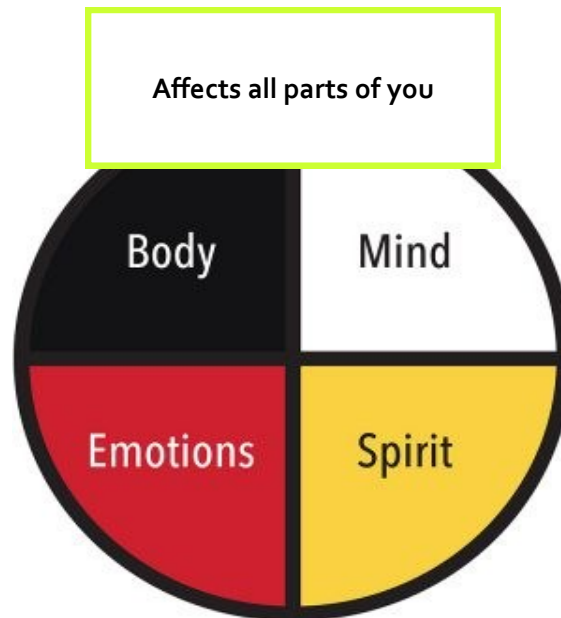
- Family history: if a close relative had it, you may experience it
- Life events: separation/divorce, death, chronic pain or illness, job/financial losses & grief etc
- Your story: childhood abuses (sexual, physical, emotional or verbal), trauma or abandonment. Substance misuse.
- Environment stresses: family conflicts, neglect, violent environment, or financial stress
- Biological factors: hormonal or chemical imbalances
- Thoughts & behaviours: always thinking bad things will happen. Thoughts going in circles.

No simple answers

Can happen to children, youth, adults & elders



- | Body | Mind |
|------------------------------------------|-----------------------------------|
| * Significant weight gain or weight loss | * Sleeping too much or too little |
| * Unexplained aches & pains | * Can't concentrate/focus |
| * Loss of energy or sluggish | * Brain "fog" |
| | * Imagine the worst |
| | * Suicidal ideation |



- | Emotions | Spirit |
|--------------------------------------------|-------------------------------|
| * numbness | * Despair |
| * Overwhelmed | * Life feels hopeless |
| * unworthy | * Feel like giving up |
| * Guilt | * Isolating yourself |
| * Losing control of emotions | * Questioning meaning of life |
| * Loss of interest in favourite activities | * Lost identity |
| | * Loss of faith |

Some things you can do:

- Exercise regularly
- Eat healthy
- Study/Sleep routine
- Talk to someone you can trust
- Spend time outside or in the bush/land
- Talk with an **Elder or a traditional healer**

Some western approaches:

- **Medications** such as anti-depressants can help & relieve symptoms, there are many so talk with a doctor for the best one for you. Meds can take up to several weeks to start working.
- **Talk therapy** can mean talking to a psychiatrist, social worker, psychotherapist, psychoeducator, counselor, psychologist or a trusted therapist. You can discuss which types of therapy would be helpful for you.

