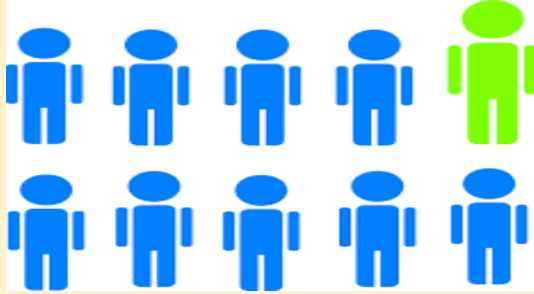


Depression



Community
Family Services
of Ontario 家和

Prevalence



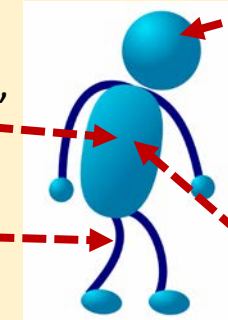
Serotonin
Norepinephrine
Dopamine



Symptoms

Body
“changes in appetite,
sleep pattern”

Behaviour
“moving / talking
slowly”



Thought
“I’m
useless”

Feeling
“sad,
hopeless”

Psychotherapy

- Cognitive behavioural therapy (CBT)
- Mindfulness-based cognitive therapy MCBT
- Interpersonal therapy IPT



Drug Therapy



Antidepressants
Take 4-6 weeks
for medication to
take effect