JACS TORONTO
COURAGE 2 CHANGE

DEALING WITH DEPRESSION

WHAT IS COURAGE 2 CHANGE?

Courage 2 Change (C2C) is a student mental health program created by JACS Toronto, offering educational workshops, a student ambassador program, individual counselling, and a tailored support group for post-secondary students.

DEPRESSION: (NOUN) DE-PRES-SION

If you find yourself experiencing sadness and a lack of motivation, you may be dealing with depression. While feeling sad and being depressed are often used interchangeably, it's important to recognize that depression is a serious condition that should not be ignored. You can learn more about the signs and symptoms of depression in this Courage2Change resource, as well as discover coping strategies.

AM I SAD OR DEPRESSED?

SADNESS

Symptoms of sadness can include:

- A temporary emotional response to an emotional event.
- Temporary disruptions of daily activities and routines.
- Physical symptoms like tears, a temporary loss of appetite, but these symptoms are usually short-lived.

DEPRESSION

Symptoms of depression can include:

- A prolonged and deep feeling of sadness.
- Long-lasting feeling of sadness without necessarily having a specific trigger.
- Prolonged changes in appetite, sleep disturbances, fatigue and aches.

Need Support? JACS is here to lend a helping hand. Don't hesitate to reach out, even if you're feeling apprehensive.

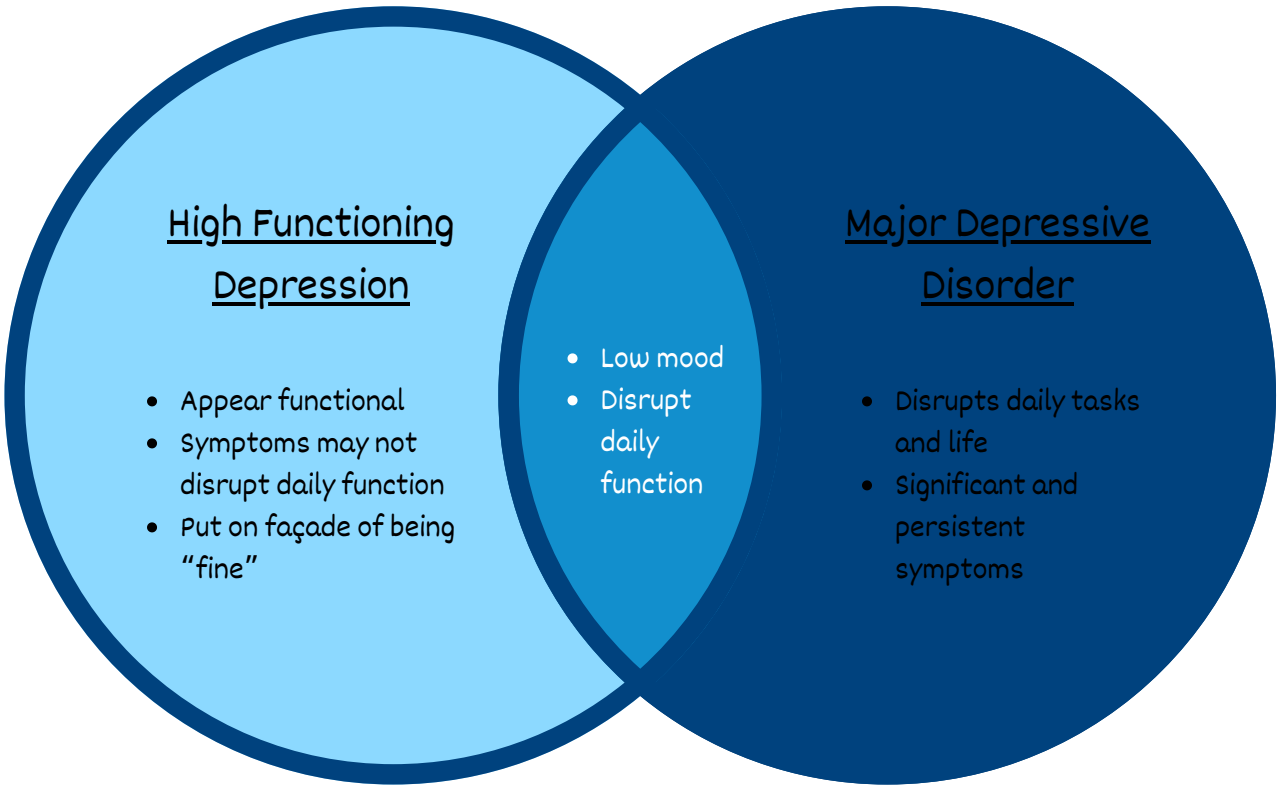
Email info@jacstoronto.org or call us

HIGH FUNCTIONING DEPRESSION:

High-functioning depression refers to a phase when individuals experience depressive symptoms while outwardly appearing functional. This term emphasizes the ability to carry out daily tasks despite underlying emotional struggles.

MAJOR DEPRESSIVE DISORDER:

Major Depressive Disorder (MDD) is a clinical condition characterized by persistent and intense feelings of sadness, low mood, and loss of interest in activities. It is often accompanied by various physical and cognitive symptoms. MDD significantly impacts a person's overall function and well-being.



SIGNS AND SYMPTOMS OF DEPRESSION

Stay connected with yourself and your friends by being aware of these behaviors to watch out for:

- Brain-fog
- Preferring to be isolated
- Prolonged feelings of sadness
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Feeling listless, sad or down most of the day, nearly every day
- Thoughts of harm to self

This tool is not intended for diagnosing any mental health condition. It should not be used as a substitute for professional medical advice, diagnosis, or treatment. Its purpose is to provide general information and guidance only.

JACS is here to provide support, but please remember, we are not a crisis line. If you are facing an emergency, it is crucial to dial a crisis line immediately, dial 911 or go to your nearest emergency room.

Canada Suicide Prevention Service: 1-833-456-4566

Good2Talk Helpline: 1-866-925-5454

Connex Ontario: 1-866-531-2600

Kids Help Phone: 1-800-668-6868

HOW TO HELP A FRIEND WHO IS STRUGGLING

Helping a friend who is dealing with depression can be a profoundly meaningful effort that demands empathy and insight. As they confront the difficulties tied to their emotional turmoil, your companionship and assistance can be instrumental in aiding their path to recovery. If you're worried about a close one or a friend, consider these steps:

1. INITIATE OPEN CONVERSATION.
2. EDUCATE YOURSELF. TAKE TIME TO UNDERSTAND.
3. BE A GOOD LISTENER.
4. AVOID JUDGEMENT AND CRITICISM.

At JACS, depression isn't a shameful topic. We are here to support you in your personal journey or the journey of a loved one.