CLÍNICA VIVALDI · FREE SHEET · DEPRESSIVE

Depression (major depressive disorder)

Low mood or loss of interest almost every day for at least two weeks, with changes in sleep, appetite, energy, concentration and self-image.

COMMON SIGNS

- Sadness, emptiness or loss of interest
- Tiredness and changes in sleep and appetite
- Guilt, hopelessness or thoughts of death

TIPS FOR YOU

1. Get your day going with small pleasant or useful tasks, even if you don't feel like it
2. Talk to someone you trust and ask for professional help
3. If at any point you think about harming yourself, call 024 or 112. You don't have to go through this alone.

FOR FAMILY AND FRIENDS

1. Offer company for simple activities, without pressure
2. Listen without minimising ("cheer up") or lecturing

WHEN TO ASK FOR HELP

1. If they talk about death or harming themselves: 024 or 112
2. If they stop eating, getting up or looking after themselves

TO OBSERVE AND NOTE DOWN

☐ I feel sad, empty or hopeless
☐ I have lost interest in things I used to enjoy
☐ I find it hard to sleep or I sleep too much
☐ I feel tired or have no energy
☐ My appetite has decreased or increased
☐ I find it hard to concentrate or make decisions
☐ I feel guilty or worthless
☐ I find everyday tasks hard

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/depresion-trastorno-depresivo-mayor
- Full article: Depression: clinicavivaldi.com/en/trastorno-depresion
- Free guide: Depression: clinicavivaldi.com/en/guia-depresion
- 024 suicide crisis line (Spain, free, 24 h): https://www.sanidad.gob.es/linea024/home.htm
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com