DON’T GIVE UP!
THERE IS ALWAYS HOPE FOR RECOVERY!

For the past one month, have you been:
- Feeling down, depressed or hopeless?
- Having little interest or pleasure in doing things?

Contact the following for help or information:

- Nearest clinic/hospital
- NGO’s for mental health

- **MINDA**  - tel: 07-2249129, e-mail: minda jb@ymail.com
- **MMIA**  - tel: 03-77925469, e-mail: mmhain@streamyx.com
- **KAMI**  - tel: 05-5688403, e-mail: kami.wellness@gmail.com
- **Befrienders**  - 24 hour hotline – 03-79561444/5, e-mail: sam@befrienders.org.my
- **Agape Counselling Centre Malaysia**  - counselling hotline – 03-77855955

For further information please refer to
CPG Major Depressive Disorder (2017) available on these web-pages:
- [http://www.academ.org.my](http://www.academ.org.my)
- [http://www.psychiatry-malaysia.org](http://www.psychiatry-malaysia.org)
What is DEPRESSION?
- Depression is a common mood disorder which can interfere with one’s daily life.
- People who feel sad or low most of the time may be suffering from depression.
- Depression is a medical condition, that affects a person’s feeling and thoughts as well as the body.

What are the SIGNS?
- Depressed mood
- Irritability
- Feelings of hopelessness
- Feelings of loneliness
- Problems with concentration
- Reduced sex drive
- Suicidal thoughts
- Constant worry
- Tiredness
- Changes in appetite or weight
- Various bodily pains
- Sleep problems
- Loss of interest or pleasure
- Guilt feelings

There is HOPE for Recovery!

How can I help MYSELF?
Self-help is very important for recovery:
- Learn to manage stress
- Practise positive thinking
- Share your problems by talking to people
- Pray/seek spiritual support
- Exercise - swimming, jogging, walking, cycling
- Participate in recreational activities - music, games
- Participate in your community activities
- Join family support/rehabilitation groups
- Eat a balanced diet
- Adequate rest and sleep
- Avoid smoking, alcohol or drugs