

DEPRESSION

Depression is a common and serious mood disorder that causes detrimental changes to the way you feel, think and act. It prompts feelings of sadness and loss of interest in activities that you once enjoyed. This medical illness can also impair your ability to carry out daily tasks at home and at work. ([American Psychiatric Association](#)).



Understanding Depression:
Symptoms, Causes and Treatments



LEARN MORE ABOUT DEPRESSION

What is Depression?

<https://www.heretohelp.bc.ca/sites/default/files/depression.pdf>

<https://soundcloud.com/cmha-british-columbia>

What Does it Look Like?

<https://depressionhurts.ca/en/checklist/>

Causes

<https://depressionhurts.ca/en/about/causes/>

Non-Drug Treatments:

[Click here to find non-drug treatments that can help to improve your mental health](#)

MENTAL HEALTH-RELATED DISABILITIES IN CANADA, 2017



The Canadian Survey on Disability covers Canadians **aged 15 years and over** who experience **limitations in their everyday activities** because of a **long-term condition** or **health-related problem**.



OVER 2 MILLION

Canadians aged 15 years and over have a mental health-related disability. This represents **7%** of Canadian adults and youth.

Four of the most frequently reported mental health-related conditions are:



**ANXIETY | DEPRESSION | BIPOLAR DISORDER
SEVERE STRESS DISORDERS**

DEPRESSION TOOLKIT

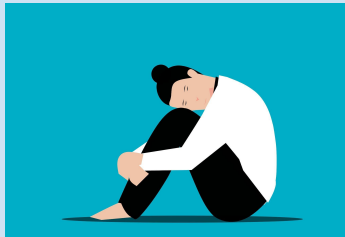
Antidepressant Skills Workbook: <https://psychhealthandsafety.org/asw/>

Self-Management for Chronic Conditions: <https://www.selfmanagementbc.ca/chronicconditionprogram>

Men's Self-Management Tools: <https://headsupguys.org/creating-daily-habits-and-routines-to-manage-your-mental-health/>

Bounceback: <https://bouncebackbc.ca/>

Seniors and Depression: <https://www.heretohelp.bc.ca/infosheet/seniors-and-depression-series>



COMMUNITY SUPPORT & RESOURCES

Online CBT (Cognitive Behavioural Therapy)

<https://www.keltyskey.com/courses/depression/>

<https://cbtskills.ca/faq/>

Positive Coping Skills

<https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/03/09211650/pchc-workbook.pdf>

<https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/06/27190157/antidepressantskillsatwork.pdf>

Support Groups

<https://mensshed.ca/>

<https://www.lakecountryhealth.ca/mentalhealthservices>

<https://cmhkelowna.com/programs-and-supports/wellness/>

<https://www.psychologytoday.com/ca/groups/bc/kelowna?category=depression>

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports#gethelp>

FAMILY RESOURCES

Supporting a Loved One:

<https://cmhakilowna.com/mental-health/supporting-a-friend-or-family-member/>

<https://depressionhurts.ca/en/information/how-to-help/>

Support for Caregivers:

<https://www.familyaware.org/what-we-do/support-caregivers/>

Losing a Loved One:

<http://suicideawareness.ca/bereavement-support-group/>

If you are in crisis and not able to visit or get in touch with your local Mental Health & Substance Use Centre, please contact the Interior Crisis Line Network at **1-888-353-2273** for immediate assistance.

Click here for mental
health hotlines



ANXIETY

Anxiety Disorder is characterized by persistent or recurring feelings of worry and/or intrusive thoughts that can inhibit daily living. Experiences with anxiety can range from mild jitters to severely debilitating panic attacks ([American Psychiatric Association](#)).



LEARN MORE ABOUT ANXIETY

What is it and what does it look like?

<https://www.apa.org/topics/anxiety>

<https://www.heretohelp.bc.ca/infosheet/what-is-anxiety>

https://www.cci.health.wa.gov.au/~/_/media/CCI/Mental-Health-Professionals/Panic/Panic---Information-Sheets/Panic-Information-Sheet---03---The-Vicious-Cycle-of-Anxiety.pdf

<https://www.anxietycanada.com/articles/understanding-panic-attacks/>

There are various types of anxiety disorders which can take place in different forms





Understanding Anxiety: Symptoms, Causes and Treatments



MANAGEMENT TOOLS

Self-Help for GAD: https://www.anxietycanada.com/sites/default/files/adult_hmgad.pdf

Anxiety & Exercise: <https://www.cci.health.wa.gov.au/~media/CCI/Mental-Health-Professionals/Anxiety/Anxiety---Information-Sheets/Anxiety-Information-Sheet---12---Anxiety-and-Exercise.pdf>

Breathing Exercise: <https://www.cci.health.wa.gov.au/~media/CCI/Mental-Health-Professionals/Anxiety/Anxiety---Worksheets/Anxiety-Worksheet---02---Breathing-Rate-Record-Sheet.pdf>

Mindshift CBT App: <https://www.anxietycanada.com/resources/mindshift-cbt/>

COMMUNITY SUPPORTS & RESOURCES

Young Adult Mindfulness Group:

<https://www.ymcasibc.ca/Programs/Health-and-Fitness/Mental/Youth-Mindfulness?nolocation=1>

Virtual CBT Skills Group:

<https://cbtskills.ca/physicians/>

MindShift CBT Group:

[https://www.anxietycanada.com/mindshift-groups/?](https://www.anxietycanada.com/mindshift-groups/?_gl=1*hywuhi*_ga*MTQ3Njk3NDg5Ni4xNjQ4NTc2MjYz*_ga_Y4J3VSGKVS*MTY3MzU1NzczNC41LjEuMTY3MzU1ODEzMi4wLjAuMA..&_ga=2.267346887.854080975.1673557734-1476974896.1648576263)

[_gl=1*hywuhi*_ga*MTQ3Njk3NDg5Ni4xNjQ4NTc2MjYz*_ga_Y4J3VSGKVS*MTY3MzU1NzczNC41LjEuMTY3MzU1ODEzMi4wLjAuMA..&_ga=2.267346887.854080975.1673557734-1476974896.1648576263](https://www.anxietycanada.com/mindshift-groups/?_gl=1*hywuhi*_ga*MTQ3Njk3NDg5Ni4xNjQ4NTc2MjYz*_ga_Y4J3VSGKVS*MTY3MzU1NzczNC41LjEuMTY3MzU1ODEzMi4wLjAuMA..&_ga=2.267346887.854080975.1673557734-1476974896.1648576263)

Mindfulness is a popular meditation technique. It involves training your attention to achieve a state of calmness & positivity ([American Psychological Association](#)).

WHAT IS MINDFULNESS & MEDITATION? HOW IS IT DONE?

Mindfulness Exercises:

https://pathwaysbc-production-content-item-documents.s3.amazonaws.com/documents/2523/original/CBIS_-_Relaxation_-_Mindfulness.pdf?1520709311

<https://palousemindfulness.com/index.html>

<https://www.freemindfulness.org/download>

Meditation Guides:

<https://www.mindful.org/how-to-meditate/>

https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations?id=22&iirf_redirect=1

<https://www.healthlinkbc.ca/mental-health-substance-use/well-being/belly-breathing>



Suicide impacts people of all ages and backgrounds in Canada. Approximately 4,500 people die by suicide each year, and for every person lost, many more suffer from thoughts of suicide or suicide attempts ([Government of Canada](#)).

SUICIDE PREVENTION RESOURCES

Calm Harm App: <https://au.reachout.com/tools-and-apps/calm-harm>

24 Hour Hotline: <https://talksuicide.ca/>

The Lifeline App: <https://thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/>

Chatline for Youth, Adults & Seniors: <https://crisiscentre.bc.ca/get-help/>

Coping with Suicidal Thoughts: <https://www.interiorhealth.ca/sites/default/files/PDFS/patient-information-suicidal-thoughts.pdf>

After a Suicide Attempt: <https://www.vch.ca/en/service/suicide-attempt-follow-education-research-safer#short-description--6731>

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