| **Schizophrenia Society of Canada**  **(SSC) since 1979**  **Serving more than just**  **Schizophrenia!**  **Vision**  To improve the quality of life and to promote a dignified, non-discriminatory quality of life for those affected by mental illness and addiction; using education and support programs.  The Schizophrenia Society of New Brunswick- (SSNB) is a non-profit community-based organization that was first developed in 1986 as a family support group under the name “Family and Friends” and joined SSC in 1994.  SSNB was incorporated in 1993 |  | **SSNB PROGRAMS & SERVICES**  ***Care-Giver Support Group*** is an informal on-going support group available to the families and primary caregivers of those affected with a long-term mental illness or addiction.  ***Strengthening Families Together*** is a 6-10 session family education course for families/caregivers and friends of those coping with mental illness/addiction.  ***J. Dean McAllister Memorial Bursary*** is awarded annually to a high school graduate pursuing a career in one of the selected social sciences. Applications must be received prior to May 25.  ***ACHIEVES*** ***literacy and Numeracy*** is an educational program specifically tailored for persons who have experienced a mental health/addiction disorder and are now coping well enough to try a new challenge through learning skills or upgrading skills lost through trauma.  ***ACHIEVES Employment Skills*** is a valuable tool in teaching employment skills to those recovering from a mental illness/addiction. Our mission is to provide support and training in the participants journey to gaining meaningful employment and achieving self-sufficiency.  ***Your Recovery Journey*** is a valuable resource for those affected by metal illness who are looking for  helpful tools to assist them in their recovery. Recovery is a practical concept it works in real life, with real people… (Michael Kirby Chair Mental Health Commission of Canada) | Depression  Loneliness, Tree, Lonely, Landscape, Abandoned, Rest  A Reason to Hope  The Means to Cope!  Schizophrenia Society of New Brunswick  Tel: (506) 622-1595  Email: ssnbmiramichi@gmail.com |
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| **Causes of Depression** It's not known exactly what causes depression. As with many mental disorders, a variety of factors may be involved, such as:   * **Biological differences.** People with depression appear to have physical changes in their brains. The significance of these changes is still uncertain but may eventually help pinpoint causes. * **Brain chemistry.** Neurotransmitters are naturally occurring brain chemicals that likely play a role in depression. Recent research indicates that changes in the function and effect of these neurotransmitters and how they interact with neurocircuits involved in maintaining mood stability may play a significant role in depression and its treatment. * **Hormones.** Changes in the body's balance of hormones may be involved in causing or triggering depression. Hormone changes can result with pregnancy and during the weeks or months after delivery (postpartum) and from thyroid problems, menopause or a number of other conditions. * **Inherited traits.** Depression is more common in people whose blood relatives also have this condition. Researchers are trying to find genes that may be involved in causing depression. | **Types of depression**  Symptoms caused by major depression can vary from person to person, but can include:  **Anxious distress** — depression with unusual restlessness or worry about possible events or loss of control  **Melancholic features** — severe depression with lack of response to something that used to bring pleasure and associated with early morning awakening, worsened mood in the morning, major changes in appetite, and feelings of guilt, agitation or sluggishness  **Atypical features** — depression that includes the ability to temporarily be cheered by happy events, increased appetite, excessive need for sleep, sensitivity to rejection, and a heavy feeling in the arms or legs  **Psychotic features** — depression accompanied by delusions or hallucinations, which may involve personal inadequacy or other negative themes  **Catatonia** — depression that includes motor activity that involves either uncontrollable and purposeless movement or fixed and inflexible posture  **Peripartum onset** — depression that occurs during pregnancy or in the weeks or months after delivery (postpartum)  **Seasonal pattern** — depression related to changes in seasons and reduced exposure to sunlight | Did you know? Depression, is a common but serious medical condition, is the primary symptom for almost all behaviour disorders. Mood and anxiety disorders are among the most common types of mental disorders in Canada and have been shown to have a major impact on the daily lives of those affected. In 2013, an estimated ****3 million Canadians**** (****11.6%****) aged 18 years or older reported that they had a mood and/or anxiety disorder 10 common symptoms of depression:   * Feelings of helplessness and hopelessness. * Loss of interest in daily activities. * Appetite or weight changes. * Sleep changes. * Anger or irritability. * Loss of energy. * Self-loathing. * Reckless behavior. * Concentration problems. * Unexplained aches and pains. |
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