

PROGRAMS AND SERVICES

- Breakfast Club Support Group
- Peer Support Group
- Your Recovery Journey
- Strengthening Families Together
- ACHIEVES: Literacy & Numeracy
- ACHIEVES: Pre-employment Skills
- J. Dean McAllister Memorial Bursary

Pamphlets, reference books, videos, cassettes and information packages are available at our office.

The Schizophrenia Society strives to:

- Promote and provide education, information & support
- Advocate for legislative change
- Support schizophrenia research
- Raise funds to accomplish these objectives

Interested in helping out?

If you would like to become a member or to volunteer, please call us at 622-1595 or drop by the office.

Miramichi Chapter

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Miramichi, NB, E1V 3T7

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Fax: (506) 622 - 8927

Office: 1756 Water Street, Suite B

Board Meeting
2nd Tuesday of month

Support Meetings
1st Thursday of month – 10 a.m.
At Fundy Line Restaurant

Every Wednesday 6:30 PM
For location call Natalie at 622-1595

Website

www.schizophreniasociety.nb.ca

Email

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Come visit us on Facebook
[Schizophreniasociety Miramichi](#)

DEPRESSION



Did you know..?

Depression, a common but serious medical condition, is the primary symptom for almost all behaviour disorders.

Between 7.9% - 8.6% of adult Canadians will experience a major depression/anxiety in their lifetime and 5% in a given year.

Individuals with mood disorders are at high risk of suicide.

Depression has various types, severity, and duration.

Persons with severe mental illness face the highest degree of stigmatization in the workplace.

There is hope.

Depression is the most treatable mental illness.

With early diagnosis, intervention and treatment, people can recover and lead fulfilling lives.

Employment and support strategies, as well as, local support groups are available.

Recovery is Expected

Sources: *Strengthening Families Together*, 3rd Edition
Schizophrenia Society of Canada, 2008
CMHA website

Types of Depression

Dysthymic disorder is a common milder form of depression, which lasts for at least two years. Persons are able to function, but are not capable of feeling good or fully enjoying life.

Post-partum depression is experienced by some new mothers. It can last from a few weeks after delivery to a few months. A small percentage of these women may develop more severe symptoms of depression.

Seasonal Affective Disorder is commonly associated with reduced daylight hours. Many people notice a change in energy or mood as winter approaches. For some people, the depression becomes disabling and affects their jobs and relationships.

Situational (Reactive) Depression is a reaction to something that happened such as stress on the job, in personal relationships or the loss of a loved one.

Causes

There is no one cause of depression
Factors contributing to depression may include:

Biological: Changes in brain chemicals called "neurotransmitters".

Cognitive: Negative thinking patterns and low self-esteem.

Gender: Women experience clinical depression at a rate that is nearly twice that of men.

Co-occurrence: Clinical depression is more likely to occur along with other illnesses.









Medications: Side effects of some medications can bring about depression.

Genetic: A family history increases the risk.

Situational: Difficult life events.

Symptoms

Symptoms of depression may include:

-  Persistent sadness or despair
-  Change in productivity
-  Changes in sleep and appetite
-  Loss of pleasure or energy,
-  Difficulty thinking, concentrating, or making decisions
-  Excessive crying
-  Social withdrawal
-  Thoughts of death or suicide

Symptoms interfere with daily life at home, at work, or with friends and last most of the day, nearly every day, for at least two weeks.

Treatment

Treatment for clinical depression involves a combination of medication, psychotherapy, education and support groups.

Counselling and Psychotherapy:
Working together with a good therapist can help individual resolve areas of difficulty and find better coping skills.

Medication: (Antidepressants)
Most commonly prescribed medications for depression today are called *selective serotonin re-uptake inhibitors (SSRI's)* which increase the serotonin in the brain.

Electro-compulsive Therapy (ECT) may be used when medication is not a viable option, or not effective, or in cases of severe debilitation or high risk of suicide.

Remember...Depression is

NOT a character flaw

NOT a sign of weak character

NOT contagious

Information provided is subject to change without notification.