

Subject 1: What is depression?

Depression, or Major Depressive Disorder (MDD), is when a person feels sad or flat for weeks, months or years, for no particular reason. It can also be cyclical. Having a bad day doesn't count as depression – that is part of the normal highs and lows of life, especially if there is a reason for you to feel sad.

Depression is the second most common mental disorder with 264 million people suffering from this globally (approximately 3.4% of the world's population).

Depression symptoms

Depression symptoms include:

- difficulty getting motivated,
- no longer enjoying things,
- changes in body weight,
- disrupted sleep routines,
- loss of energy,
- feeling guilty or worthless,
- difficulty thinking or making decisions, and
- sometimes thoughts of self-harm.

Not only is depression debilitating, it is also a leading cause for suicide - with young people and males at a [higher risk](#).

If you are concerned about depression

Effective treatments for depression are available to help. Speak to your doctor or company provided counselling service for advice on the best option for you.

Do you want to find out more?

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).