

## **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](#).