

UNDERSTANDING DEPRESSION AND ANXIETY

Depression



Mental health disorder that is characterised by overwhelming feeling of sadness.

Depression is connected with decrease of mood and interest. It's features are inactivity and low energy level.

Anxiety

Mental health disorder that can be described as a tendency to have worried thoughts about what could happen in the future and feeling of unjustified fear.



Triggers



The main triggers for these disorders are biochemical imbalance, difficult life experiences and negative environmental factors.

Visit a doctor

Depression and anxiety are fully treatable – it is estimated over 90% of patients finally positively responds to treatment.

