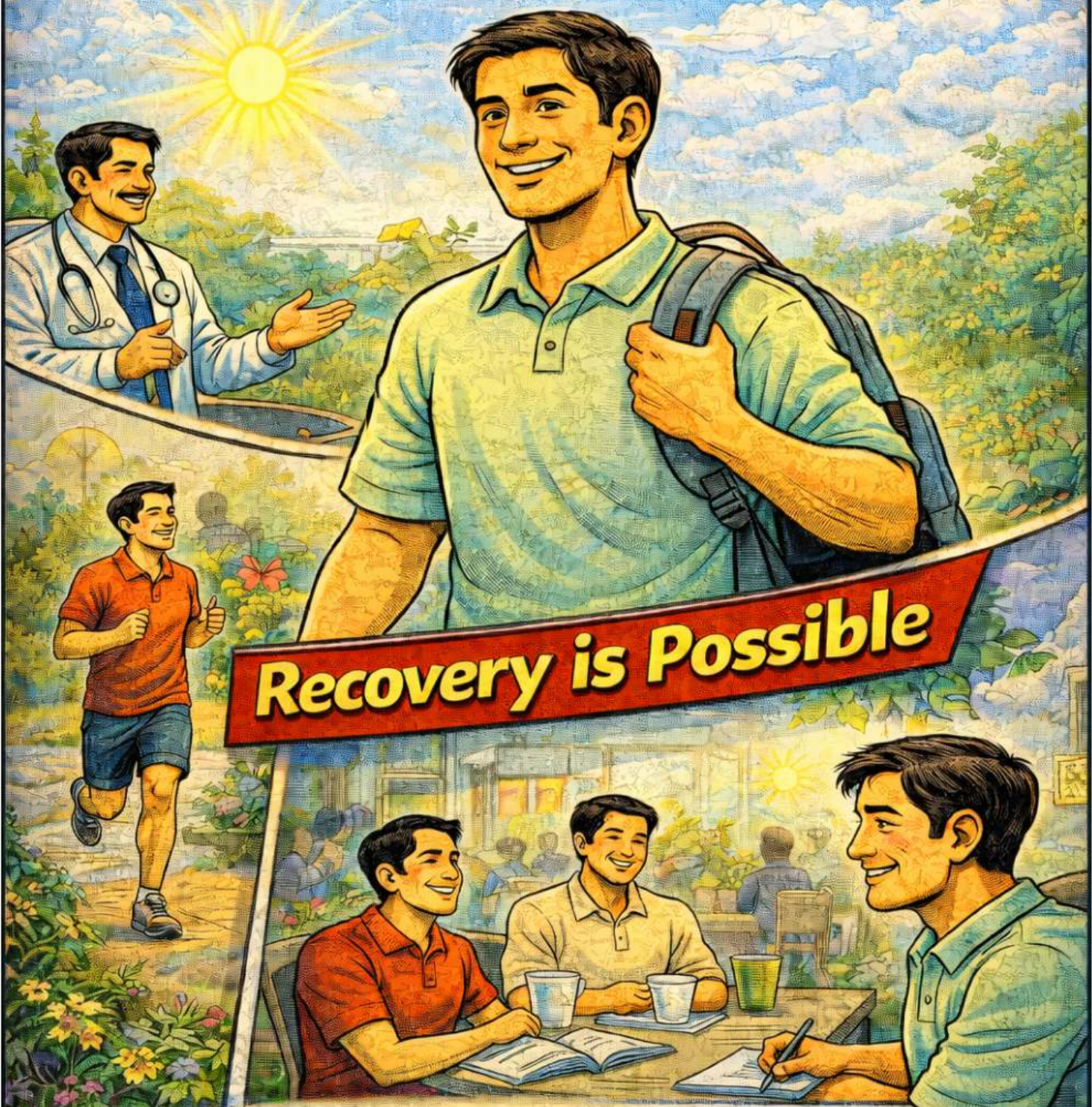


RECOGNISE DEPRESSION EARLY AND SEEK HELP!



Recovery is Possible

By Prof (Dr) Priyadarshree Patra



SHADOWS AND SUNRISE:

AMIT'S JOURNEY THROUGH DEPRESSION

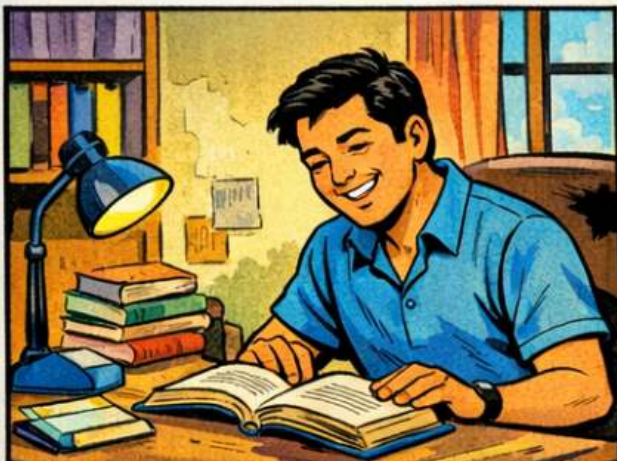
A Bright Beginning

Amit had just joined college.
Life felt full of possibilities.



Come on Amit,
let's celebrate
after exams!

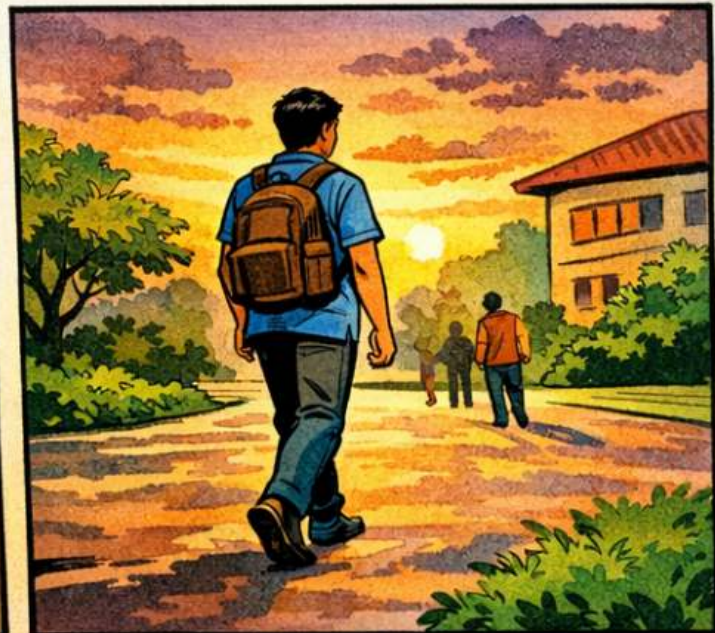
Of course! I'm
feeling great about
this semester.



Amit was hardworking, cheerful,
and hopeful about the future.

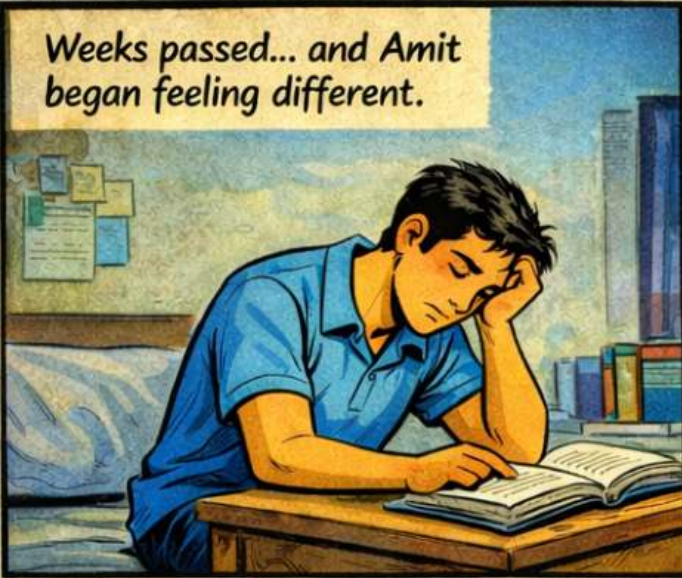


But slowly... something began to change.

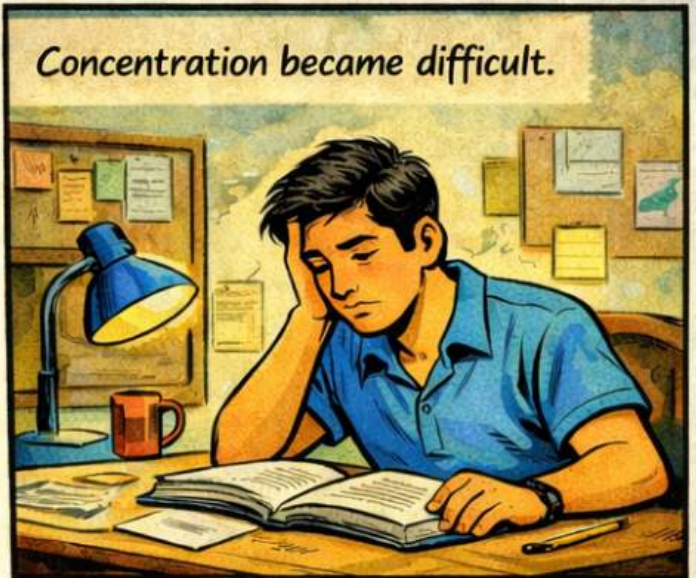


The Quiet Change

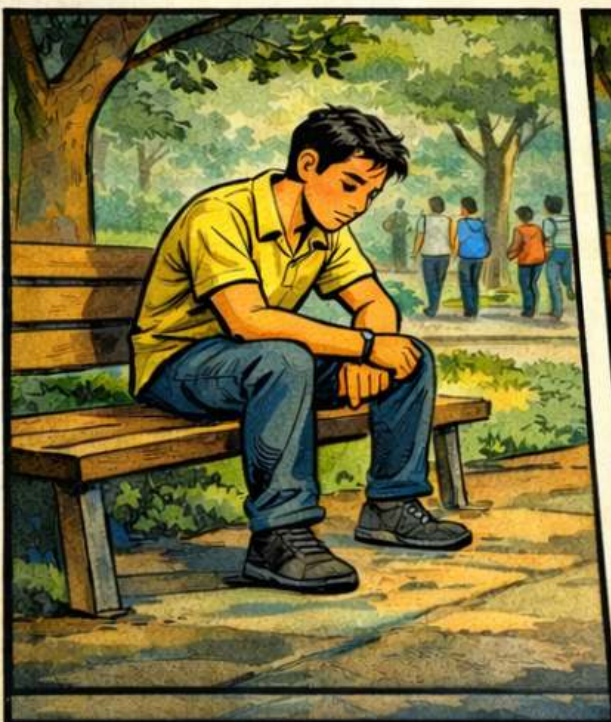
Weeks passed... and Amit began feeling different.



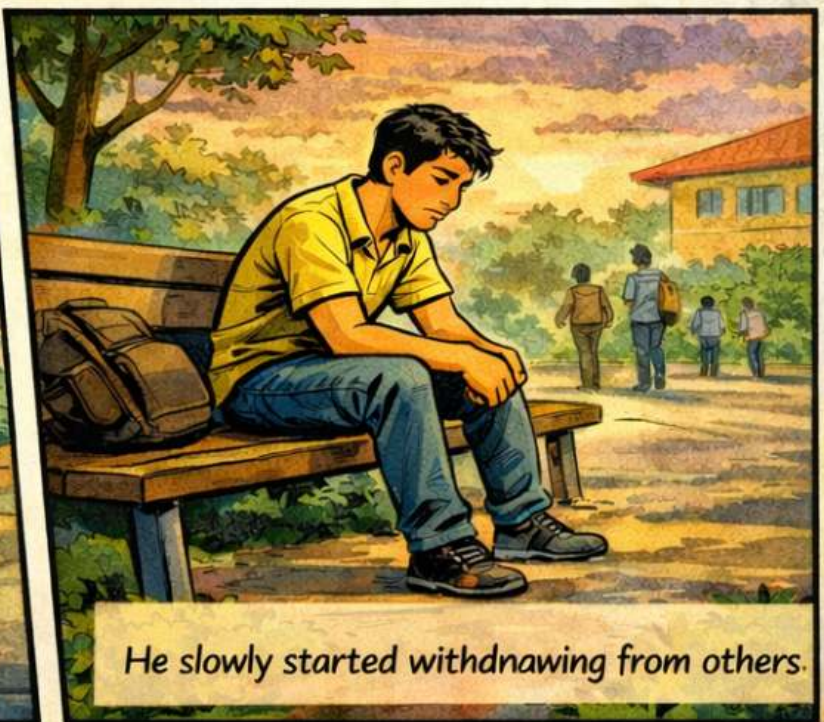
Concentration became difficult.



Activities he once enjoyed no longer interested him.

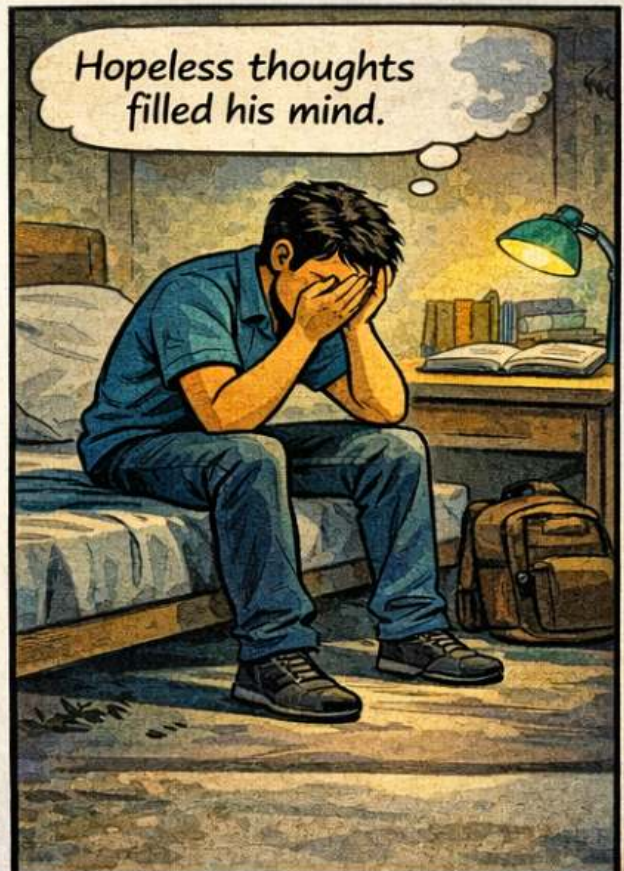
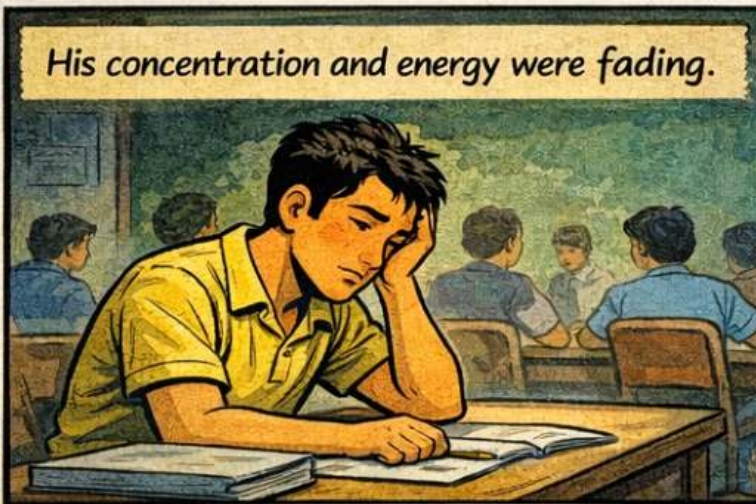
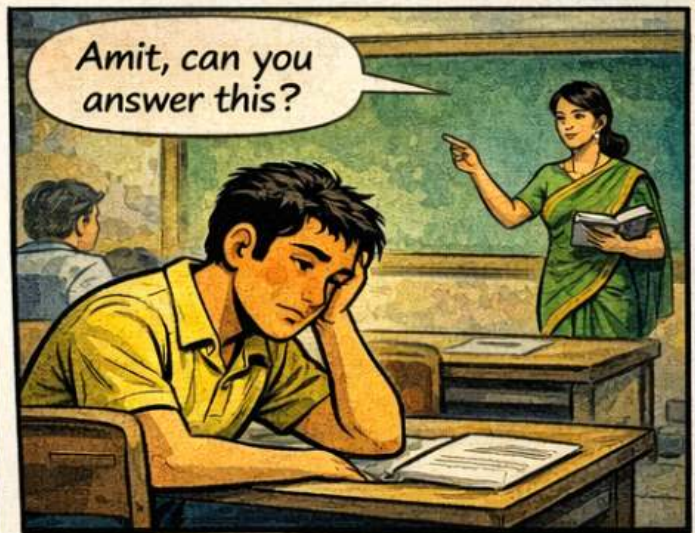
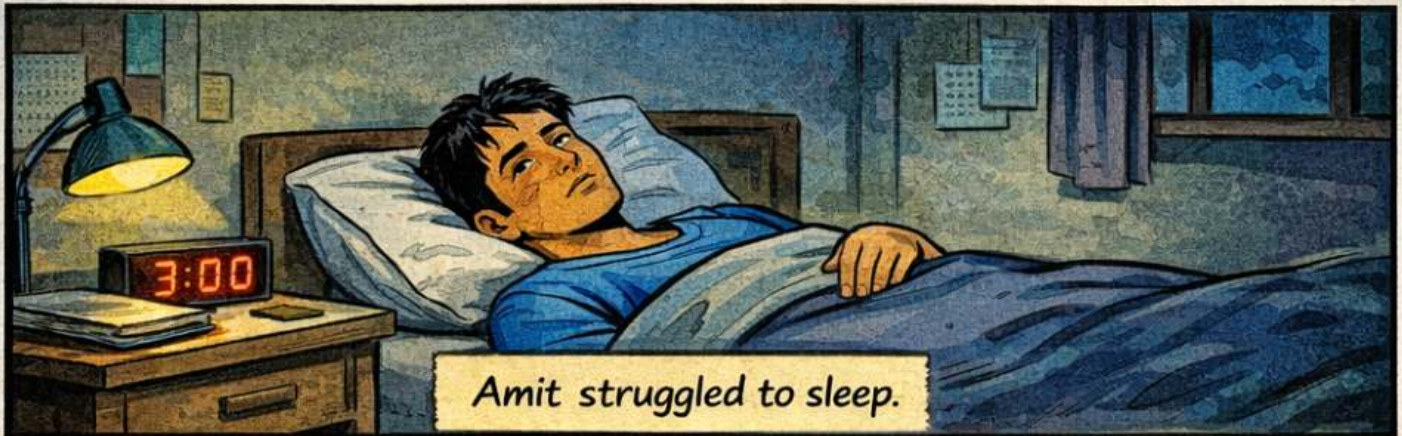


He slowly started withdrawing from others.



The Darkness Deepens

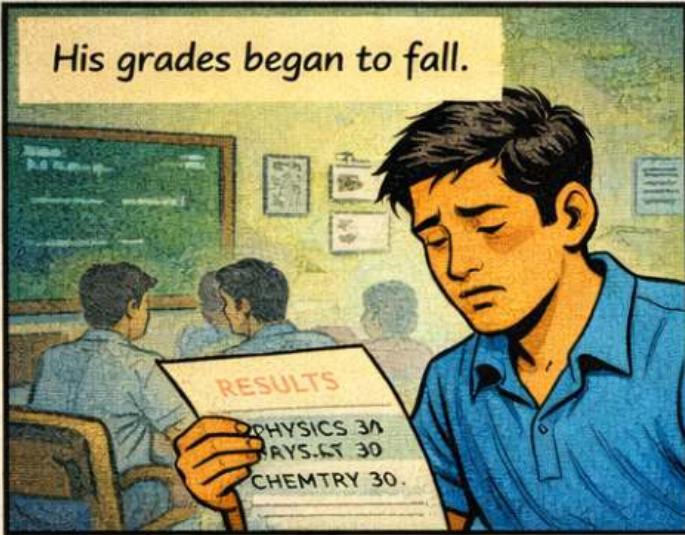
Amit struggled to sleep.



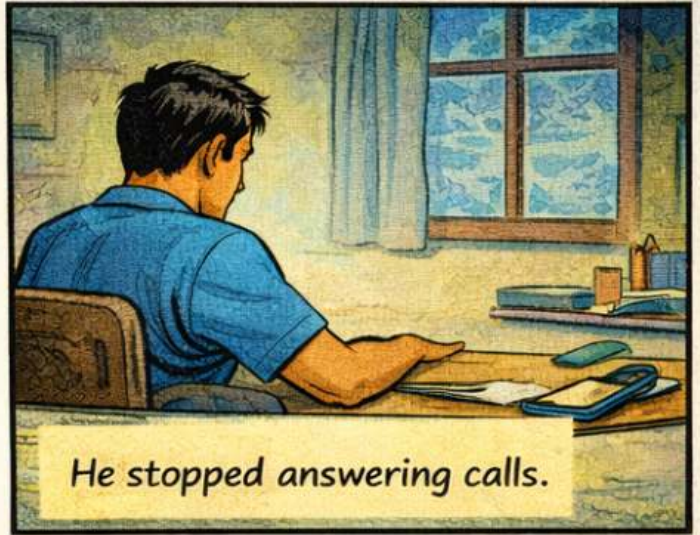
Impact on Life

Impact on Life.

His grades began to fall.



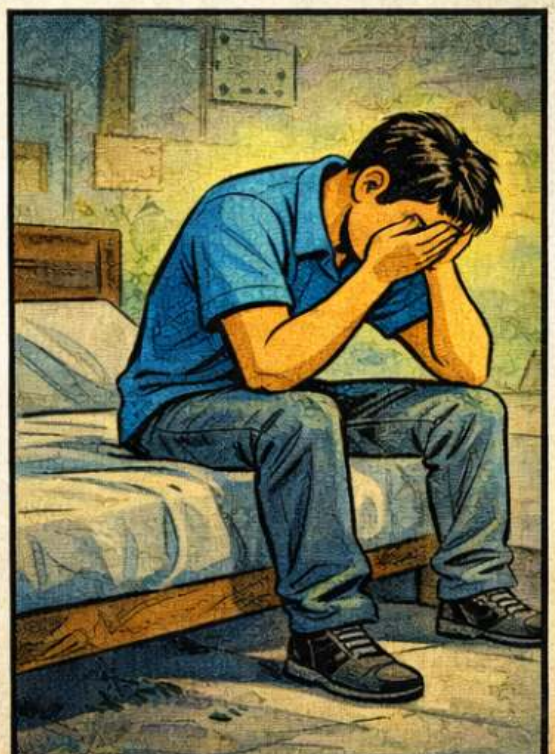
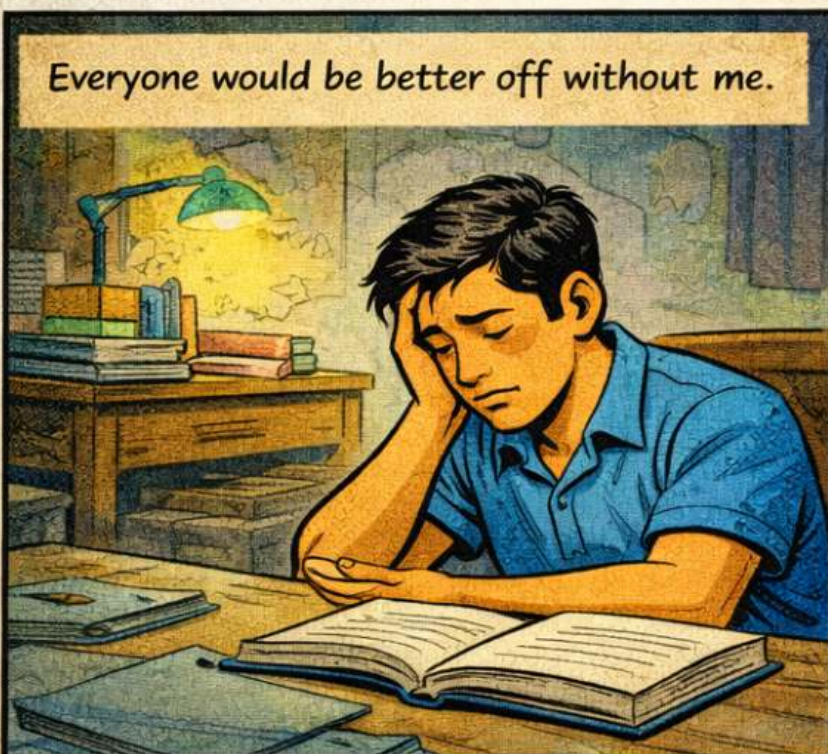
He stopped answering calls.



Amit has changed... he doesn't talk to us anymore.

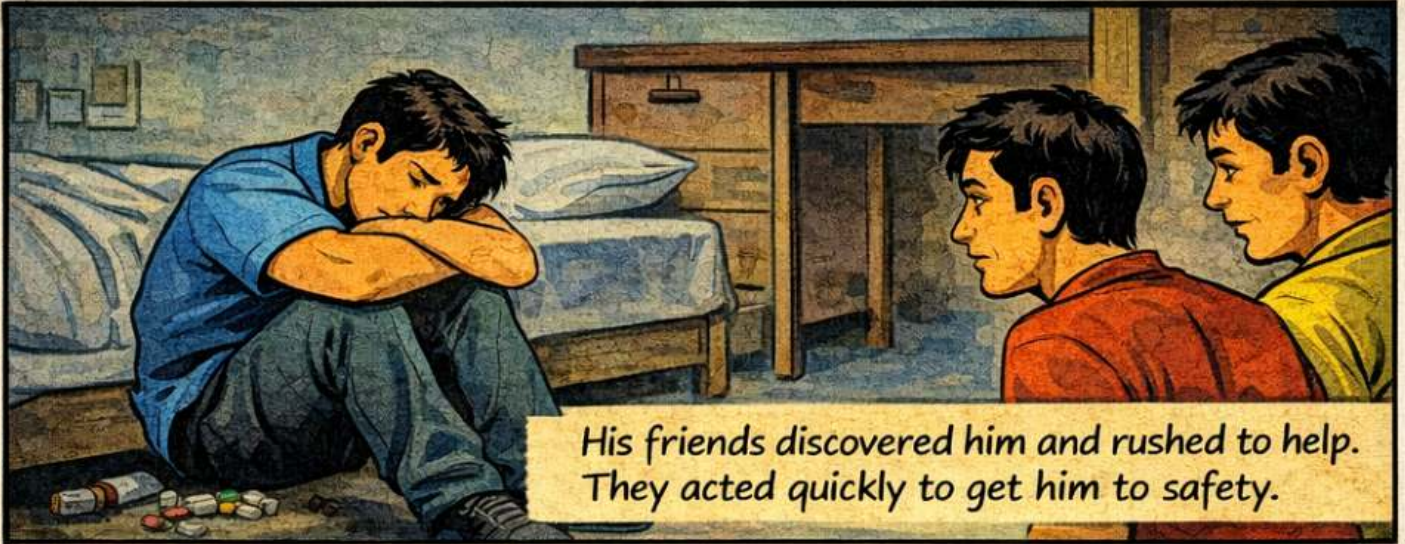


Everyone would be better off without me.



A Crisis

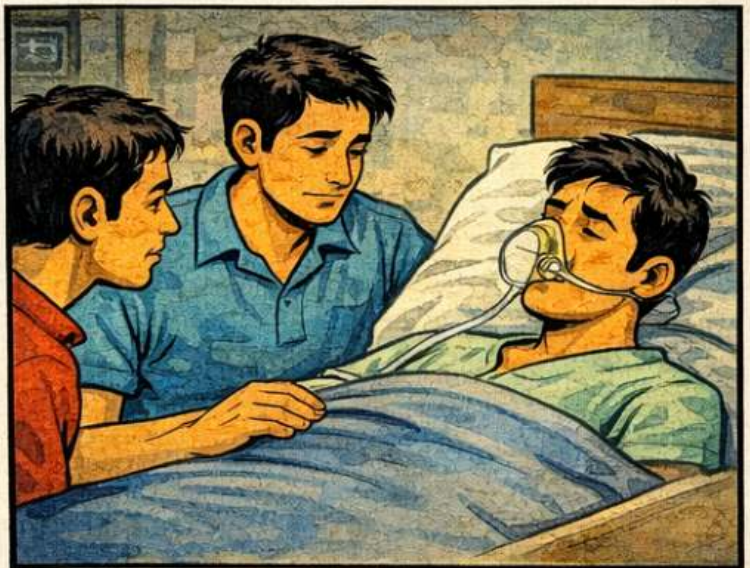
Feeling overwhelmed by hopelessness, Amit attempted to harm himself.



His friends discovered him and rushed to help. They acted quickly to get him to safety.



In the hospital, Amit received medical care. His friends stayed by his side, worried for him.



The doctor spoke gently and reassuringly:

Amit, what you are experiencing is a treatable condition called depression.





Understanding Depression

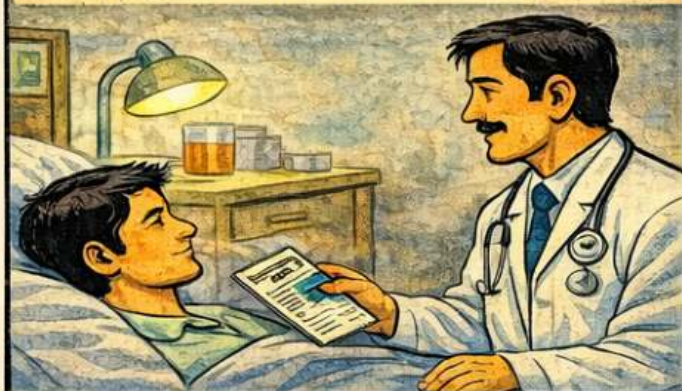
Amit's doctor explained that depression is a common but serious mental health condition.



His friends, Raj and Sunil, reassured him that he wasn't alone and that they would support him during his recovery.



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Amit learned that depression can be treated with psychotherapy, medication, or

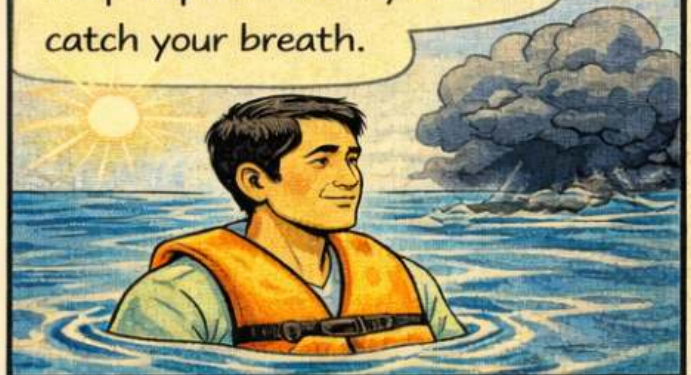


Amit's psychiatrist explained how antidepressants and cognitive behavioral therapy work.

Antidepressants help balance chemicals in the brain that affect mood. This can gradually lift your mood.



Think of antidepressants like a life jacket that keeps you afloat. They can help lift you out of a deep depression so you can catch your breath.

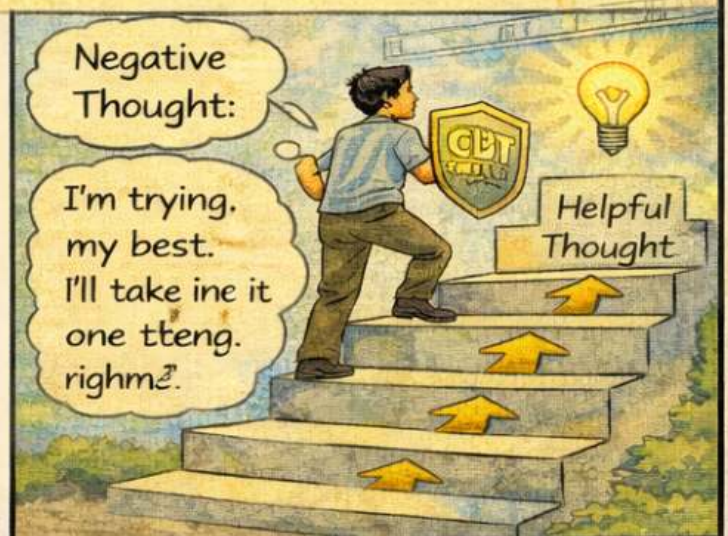


CBT is a type of talk therapy that helps you change unhelpful thought patterns. We'll work on facing your challenges step by step, so you feel more in control.



Negative Thought:

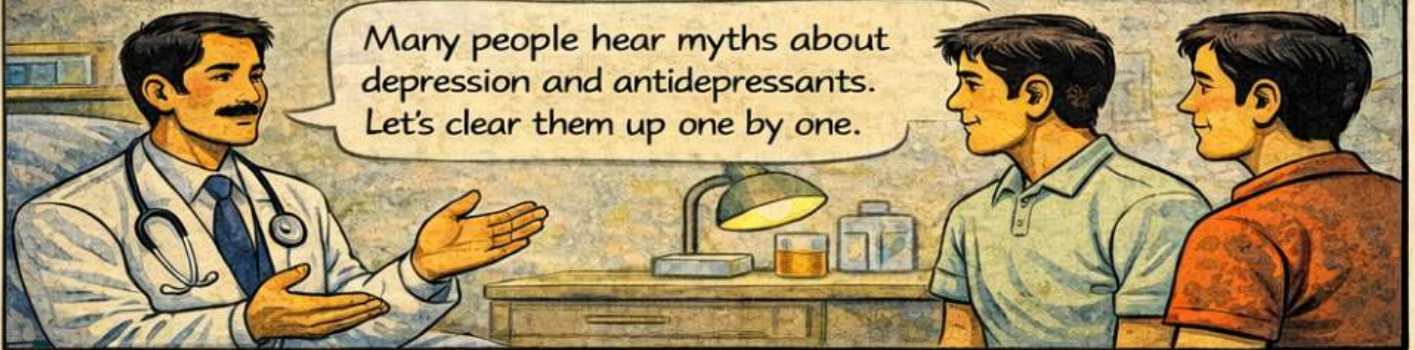
I'm trying,
my best.
I'll take it
one thing
at a time.



Helpful
Thought

Breaking the Myths

Amit had many doubts and worries about depression and its treatment.



MYTH: "Depression is just sadness. People should simply be strong and overcome it."



MYTH: Depression is not just sadness. It is a medical condition that affects mood, thinking, sleep, appetite, and energy.

MYTH: "Antidepressants are addictive."



FACT: Antidepressants are not addictive and are stopped after therapy goals are attained.

MYTH: "Taking antidepressants means someone is weak."



FACT: Taking treatment for depression is not weakness.

MYTH: "Therapy is only for people with severe problems."

Psychotherapy like Cognitive Behavioral Therapy helps people understand their thoughts, emotions, and behaviour.

FACT: It teaches practical skills to manage stress and prevent relapse.

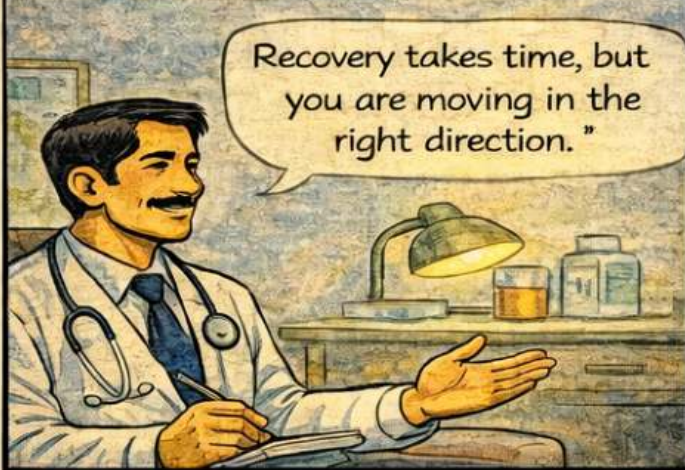
Amit began to understand that depression was an illness—and that recovery was possible.

With treatment, support, and patience, people with depression can return to a healthy and meaningful life.



The Path to Recovery

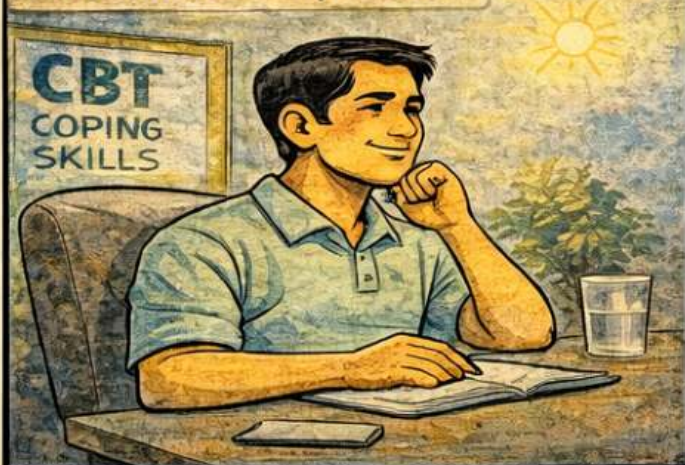
With regular treatment, Amit slowly began to feel better.



Through Cognitive Behavioral Therapy, Amit learned to recognise negative thoughts and challenge them.



Gradually, his sleep, energy, and concentration improved.



He slowly returned to his studies, hobbies, and friendships.



He slowly returned to his studies, hobbies, and friendships.



Amit understood that depression was an illness – but with treatment, recovery was possible.



Depression is treatable.
Seeking help early can save lives.