

Mental Health Monday's
ናይ ኣእምሮ ጥዕና ስነይ

DEPRESSION

ጭንቀት

The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.

እቲ ቀንዲ ዕላማ, ብባዓል ሞያ ዝሞህሩ ምህሪ ዘይምስማዓ ኣይኮነን. ኩሉ ግዜ ናይ ስነ ኣእምሮ ባዓል ሞያ ምዝታ ይምረፅ. ብተውሳኪ ናይ ካልእ ሕክምና ባዓል ሞያ ውን ምጥያቕ ይካኣል እዩ.



What is depression

ጭንቀት እንታይ ኢዩ

Depression is a constant feeling of sadness and loss of interest, which stops you from doing your normal activities.

ወትሩ እጉሂ ኣብ መዓልታዊ ንጥፊታት ድማ ተገዳስነት ይኹድለኒ

Generally, depression does not result from a single event, but from a mix of events and factors

ጭንቀት ካብ እተፈለለዮ ፍጻመታት ክመጽእ ይኻእል ኢዩ

DEPRESSION CAN LOOK LIKE

1. BEING HARSH ON YOURSELF

ንርእሰኝ አይትጉዳእ

2. BEING VERY PRODUCTIVE

አመና አበርቲዕካ ምዕያይ

3. FEELING HOPELESS

ተስፋ ምጥፋእ

4. LOSS OF ENERGY

ጉልበት ዘይምህላው

5. CONCENTRATION PROBLEMS

አቋልጦ ዘይምርካብ





SUBTLE WAYS SOMEONE WITH DEPRESSION MAY REACH OUT FOR HELP

ሰባት ብኸመይ ሓገዝ ኪሓትቱ ይኸእሉ

1. SHARING DEPRESSING/SAD MEMES ON SOCIAL MEDIA

አብ ማሕበራዊ መረኽቢ ዜሕዝን ስእልታት ምርኣይ

2. SAYING THEY FEEL TRAPPED IN A NEGATIVE CIRCUMSTANCES

አሉታዊ ሓሳባት ምሓዝ

3. SAYING THAT NOTHING THEY DO MATTERS

ዋጋ ዘይብሉ ኹይኑ ይስምዓካ

4. ASKING FOR FORGIVENESS FOR SOMETHING OUT OF THE BLUE

ወትሩ ይኸረታ ምሕታት

HOW TO HELP THOSE SUFFERING FROM DEPRESSION

ንእተጨነቁ ሰባት ብኸመይ ከም እትሕግዙም

1. REACH OUT AND CHECK IN ON THEM EVEN WHEN THEY'VE SOCIALLY WITHDRAWN

ደዊልካ ኸመይ ከም ዘለዉ ኹብ ምሕታት ኣይተቋርጹ

2. REASSURE THEM THAT THEY ARE LOVED NO MATTER WHAT

ክሳዕ ክንደይ ከም እተፍቅሮም ንገሮም

3. ACKNOWLEDGE THE CAUSE BEHIND THEIR SYMPTOMS

ምልክታት ሕማምም ጠንቂ እንታይ ምኃኑ ፍለጥ

4. CREATE A "SAFE SPACE" FOR THEM TO TALK ABOUT WHATS DISTRESSING THEM

ከመይ ከም ዚስምዖም ንኺዘረቡ ዜኸእሎም ምሹእ ቦታ ፍጠር