

Symptoms of clinical depression

Although a severe mental health condition, depression largely goes unaddressed in our country. People find it impossible to understand and sympathise with the sufferer. Instead they choose to slander, making life and existence worse for the wounded. There are few amongst us, who even use condescending terms like 'oloshota' (idle-mindedness), 'pagol' (madness) and even 'nastikotar foshol' (result of atheism) to the ailment. Some even comically downplay it as 'dukkho bilashita', a romantic connotation used by poets and novelists to express feelings of revelling in misery.

A little research into history suggests that as a nation obsessed with festivity, colours and celebrations, depression or any other mental health condition typically takes the backstage in our considerations. But not everything is black and blue for the distressed; people are getting educated nowadays and today, they are better informed about mental health and its well-being compared to the yesteryears.

To make the process easier, Star Lifestyle, along with PHWC, has made an agreement to familiarise all our readers and patrons with the basic signs and symptoms of depression, and what to do after a loved one is diagnosed with clinical depression.



RED FLAGS OF CLINICAL DEPRESSION

According to PHWC (Psychological Health and Wellness Centre), the SMMS (Statistical Manual of Mental Symptoms) relay the following symptoms for clinical depression:

- A person must be in a persistent depressed mood for at least two weeks continuously to be considered a patient of clinical depression.
- They will lose interest, affection for previously pleasurable activities or even socialising with friends.
- People suffering from depressive illness will have severe sleep disorders, they will be experiencing extreme fatigue and lethargy.
- They will be emotionally agitated and



suffer from mood swings.

- Their appetite will increase or decrease without any major motivation. They will gain or lose weight without a diet plan or intent.

WHAT TO DO AFTER?

If all the above signs and symptoms match with a person, then the following should be done:

Stay aware of the distressed person's feelings, if his/her regular lifestyle is hampered then professionals must be consulted. Do not demean the feelings of the wounded with derogatory expressions like... 'snap out of it,' 'stop obsessing – you'd be fine soon,' 'stop being lazy,' etc.

Encourage the distressed from staying away from adopting unhealthy behaviours like smoking, consuming alcohol etc. to cope with the distraught feelings. Encourage them to reach out to loved ones who are compassionate and will empathise with their feelings. It may or may not be you. Inspire them to reach out to mental health support groups on social media like 'Revival' in Facebook, Bangladesh, where they can reach out to other individuals suffering from similar conditions or look for specialists who can help them.

In every case, it is imperative that we empathise with the person suffering from depression and be their true friend. For through it all, we must remember that this person is also a living, breathing being like the rest of us. And simply with support, will they be able to bounce back to a normal life. So is it not worth trying? We think so. At least humanity, compels us to think so.

By Mehrin Mubdi Chowdhury
Creatives: TurnUp Pr

Essentials:

In case of any mental health condition please contact PHWC at the following address:

Flat 6/B, House 4, Road 23/A, Block B, Banani, Dhaka 1213

Contact Number: 09609013000

<http://www.phwcdbd.org>



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