

It is common for people to say that they are 'depressed' when they are feeling down, but this does not mean that they have depression.

Depression is a long lasting low mood that affects your ability to do everyday things, feel pleasure, or take interest in activities.

Depression is:

1. A mental illness that is recognized worldwide.
2. Common. It affects about one in ten of us.
3. Something that anyone can get.
4. Treatable.

Depression is not:

- Something you can 'snap out of.'
- A sign of weakness.
- Something that everyone experiences.
- Something that lasts forever.

How common is depression?

Depression can affect people of any age, including children, and it is one of the most common mental illnesses. About one in ten people will be diagnosed with depression in their life. The number of people who actually experience depression may be higher than this. More women are diagnosed than men. This could be because women are more likely to seek help.