It is normal to feel sad or down in response to things happening in life such as a death in the family, loss of a friend or failing a subject. People may inaccurately use the term "depression" to describe these feelings during difficult times. These feelings usually resolve itself over time.

**Clinical depression, however, is more than the occasional low mood.** It is a serious mental health issue where numbness or a sense of ‘emptiness’ is prolonged and along with other symptoms, it interferes with daily life and relationships.

**If you think you might be depressed, here are some things you can try:**

- Keep things in perspective
- Take care of your physical health
- Check your self-talk to include thoughts like "I am going through a tough time. This shall pass soon."
- Establish a routine with enjoyable, physical, social and outdoor activities.
- Practise mindful self-compassion

Signs and symptoms of depression can be physical, emotional and affect your thoughts. You might be feeling irritable, alone or hopeless. You might think harsh negatives about yourself and others. You might experience changes in motivation, enjoyment and pleasure in things, quality of sleep, appetite or concentration and remembering things. If these persist for more than two weeks, please seek help.
If you think someone you know might be depressed, here are some things you can try:

- Gently explain what you have observed, what you are concerned about and encourage them to seek professional help
- Let them know you are there for them as a listening ear or a shoulder to cry on
- Check in regularly to ensure they are getting support

If you would like to find out more about depression:

- [https://www.monash.edu/health/mental-health/resources/help-for-depression](https://www.monash.edu/health/mental-health/resources/help-for-depression)
- [https://www.blackdoginstitute.org.au/resources-support/depression/](https://www.blackdoginstitute.org.au/resources-support/depression/)
- [https://www.youtube.com/watch?v=XiCrniLQGYc](https://www.youtube.com/watch?v=XiCrniLQGYc)
- [https://www.apa.org/topics/depression/recover](https://www.apa.org/topics/depression/recover)

Suicidal thoughts:


Finding help in Malaysia & MUM

A psychiatrist, clinical psychologist or counsellor would have the training and experience to treat and manage depression.

In MUM, there are clinical psychologists (assessment & treatment) and counsellors (treatment) trained to help depressive clients.

*You do not require a formal diagnosis for treatment to begin.

More information about the counsellors and psychologists that can support you is available at this link: [https://www.monash.edu.my/student-services/support-services/counselling-and-wellness/meet-our-counsellors](https://www.monash.edu.my/student-services/support-services/counselling-and-wellness/meet-our-counsellors)