

# DEPRESSION

may affect brain health and lead to dementia and Alzheimer's

It is important to take care of your emotional well-being to maintain good memory. Studies show that depression increases your risk of developing illnesses affecting memory. It is worth treating depression immediately. Seek help from your local GP.

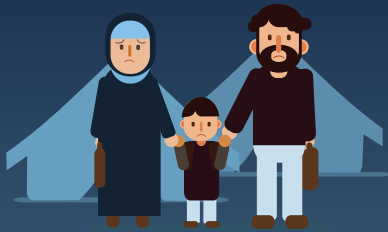
Depression may cause cognitive impairments, concentration difficulties and affect short-term memory function. The chemical changes caused by depression contribute to memory impairment. This may be treated with medication which can counter the effect depression has on memory.



Depression does not affect everyone the same way. You may find it hard to get going and feel a general lack of motivation. You may lose interest in things and are therefore less likely to remember them. Individuals suffering from depression have a tendency to focus on negative rather than positive things and feel that life has no meaning.

Often, depression is caused by a significant and negative life event.

## POTENTIAL RISK FACTORS



Life circumstances and things that affect them such as immigration.



Existential crisis, traumatic experiences, accidents and loss of loved ones.



Unemployment, worry about the future and loved ones.



Lack of social interaction, loneliness and rootlessness, i.e. feeling of not belonging anywhere.

## SYMPTOMS

Depression refers to an emotional state that is typically characterised by:



Low mood and sadness



Disturbed sleeping: insomnia or sleeping too much



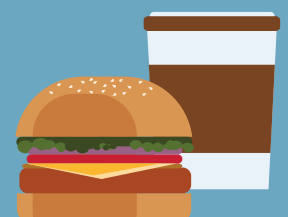
Feeling exceptionally tired and lacking motivation



Having low self-esteem, loss of self-confidence



Feeling worthless, having suicidal thoughts, anxiety, fear, excess consumption of alcohol. Physical symptoms such as increased heart rate and elevated blood pressure.



Increased or decreased appetite. Various aches and pains such as headache, stomach ache, chest pain.

## DEPRESSION

It is possible to pinpoint the start of the symptoms fairly accurately. Normally, depression is triggered by a major loss



The person is normally able to cope with daily tasks such as cooking and washing unless he is severely depressed.



Loss of memory and forgetfulness when both new and old things are forgotten. Problems with concentration.



Emphasis on the symptoms, heightened feeling of being ill, emotionally sensitive.



Writing, speech and motor skills are not impaired.



Often answers questions with 'I don't know'.



Depression increases suicidal thoughts and the risk of committing suicide.



## DEMENTIA

The symptoms appear gradually. The person may not notice them himself, however, family and friends notice the

The need for assistance in daily tasks increases. Doctor's appointments, names of the loved ones, familiar routes and

Problems with short-term memory, not remembering what happened a moment ago. Remembers things from the past,

Tries to hide the symptoms such as forgetfulness.

Memory deficiency weakens dexterity and motor skills.

Answers questions but the answers may be wrong.

Normally no suicidal thoughts.

## WHAT PROTECTS YOUR MENTAL HEALTH



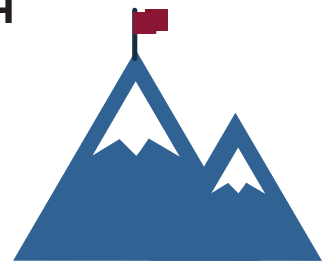
You believe in the future and have hope.



You have family, friends, a safe living environment and sufficient income.



You are able to do things you enjoy.



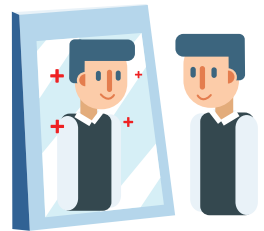
You see positive things in your life.



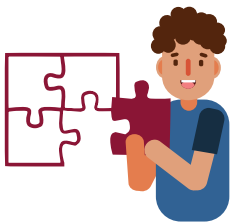
You are part of a community for example through work, hobby or religion.



You have friends that you can discuss important things with.



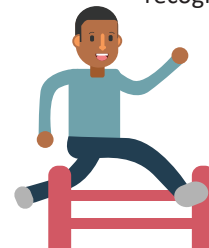
You believe in yourself and recognize your skills.



You are able to influence your life.



You exercise and sleep enough.



You are able to deal with difficulties.

SOURCES: Suomen Mielenterveysseura: Opas maahanmuuttajien parissa toimiville | [www.mielenterveysseura.fi](http://www.mielenterveysseura.fi)  
Muistiliitto "Työikäisen muistivaikeuden syy on selvitetävä" -Artikkeli, Duodecim | [www.ebm-guidelines.com/dtk/ltk/avaa?p\\_artikkeli=ttl00354](http://www.ebm-guidelines.com/dtk/ltk/avaa?p_artikkeli=ttl00354)  
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