

what's the difference between

feeling
depressed

vs

depression?

normal feelings of depression:

- Are **temporary** and may 'come and go'
- Usually have a **known cause**, e.g. losing a pet
- Most of the time are **mild to moderate** in severity
- Most of the time **don't interfere** with your everyday life
- Most of the time **don't cause you distress**
- Are **manageable** most of the time, i.e. you can cope with minor support

depression might be a problem or disorder if:

- It **lasts** a long time
- It **doesn't** seem to **have a cause** or the cause is unknown
- It feels **overwhelming**
- You are struggling to cope
- It **causes** you **distress**
- It **interferes with your everyday life**, e.g. you avoid seeing friends because you feel so down
- You **feel unsafe** or at risk