

DEPRESSION SCREENING

South Africa
www.mdds.co.za



Depression can be **successfully treated** by a **health care professional**.

There are **different types** of treatment available for depression.

It is important if you have received a medium or high -risk result on the test that **you speak to a healthcare professional** about the best treatment option for YOU.

Remember this is a journey and **small steps** are needed.

Don't be hard on yourself.

Some days will be harder than others

Below are some self-help tips you can follow to help you feel better, while waiting to speak to a professional

Me-time:

- Set aside time to focus on YOU.
- This can include cooking your favourite meal, reading a book, meditation, painting, knitting, looking at old photos, fishing, anything YOU enjoy doing.

Have a routine:

- Get out of bed the same time every day
- Have a bath
- Change your clothes
- Eat breakfast
- Plan your day

Create a daily to do list:

- Start with small tasks like household duties
- This could include making your bed, doing the dishes, shopping for food.
- Assess daily if this worked or not

Keep a journal:

- Write down your emotions and mood daily.
- List things you are grateful for

Connect with loved ones

- Start by a phone call, then a video call and work towards going out with them for lunch or a walk
- Schedule phone calls or video chats
- Join a local church, temple, mosque

Get active:

- Walk in the yard or in your area.
- Plan outdoor activity with family or a friend

Eat healthier:

- Don't skip breakfast
- Limit intake of sugary food (cokes, sweets, chocolates) to one a day
- Drink lots of water
- Eat at least one fruit or vegetable per day

Regulate your sleep:

- Try to wake up the same time everyday and get 6-8 hours sleep

Acceptance:

- Talk about your depression
- Work towards loving YOURSELF – Be kind to your mind!
- Ask for help



The following document is an example of daily schedule and emotion tracking that can be used

Daily schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Emotion/mood	I am grateful for
Early morning 7am-10am									
Mid-morning 10am-12pm									
Lunch time 12pm-2pm									
Afternoon 2pm-5pm									
Evening 5pm- 8pm									
Late evening 8pm-11pm									