



*Depression
can affect
anyone*

Rikke Hannibal

Depression - Let's talk

Depression is one of the most common diseases and also one of the most underestimated. One out of five people will suffer from depression at some point in their lives, regardless of their gender, age, level of education, and socio-economic status.



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*Depression
can be treated*



Isabelle Hoffmann

Depression - Let's talk

Today, depression can be effectively treated with psychotherapy and/or medication. Unfortunately, these treatment methods are still rarely used, because depression is under-diagnosed.



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*Depression
is a real
disease*

Depression - Let's talk

Depression is a disease that is poorly understood by the general public. Like diabetes or bronchitis, depression has causes, symptoms, and treatments. It is not a product of the imagination, nor is it a personal failure or an inescapable fate.



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*Depression has
several faces*

Wafa Lambalot

Depression - Let's talk

Not every person who experiences depression necessarily has the same symptoms. For some, a lack of energy and drive dominates; for others, it is internal agitation. The severity of depression varies and can even result in a complete inability to carry out daily tasks.



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*Just listening
can help*



Rikke Hannibal

Depression - Let's talk

As with all diseases, people suffering from depression need understanding and support from friends and loved ones. Simply being present and listening can help those going through depression to feel less lonely and contribute to their recovery.

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