

Depression afflicts many, but help is available

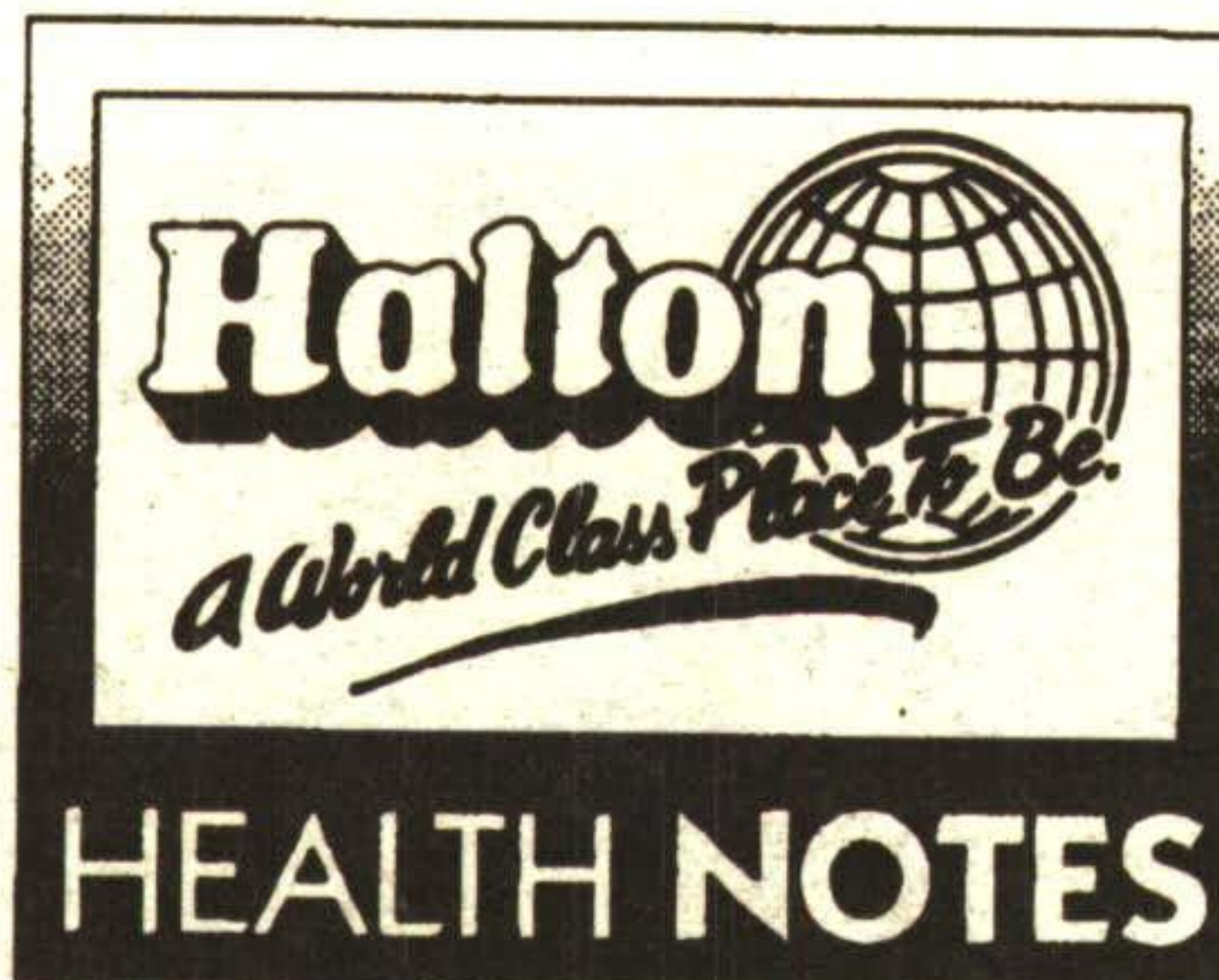
Researchers estimate that approximately three million Canadians will experience depression at some time in their life, but that less than one-third will seek help.

Held back by ignorance about the illness and fearful of the stigma associated with it, the rest choose to go it alone, allowing depression to affect their lives as well as their enjoyment of their jobs and families.

Many Canadians believe depression is a weakness that they simply have to live with, so they continue to let it interfere with their lives as well as the lives of those around them. Depression does not discriminate — it affects rich and poor, young and old, and people of all educational and religious backgrounds, and the effects on an individual's life can be profound.

Depression used to be a well-kept secret. Now, more and more people are realizing that getting help with the symptoms of depression can make a difference. To cope with depression we need to acknowledge it, understand it and accept it. Depression is not caused by weakness, nor can you snap out of it. If you could, depression would not exist.

Some tips are: educate yourself about the illness and the help available; talk to a friend or professional; become involved with others through volunteer work, groups, hobbies; reduce your stress levels; begin an exercise program; maintain a daily routine; keep a journal of your feelings, especially the times when you become anxious or particularly depressed.



If the signs on this list sound familiar, don't ignore them. If you or someone you know has been experiencing several of these signs for two weeks or more, it could be depression. It's an illness which is effectively treated in four out of five people who seek help.

Signs of depression: feelings of sadness or irritability; loss of interest or pleasure in activities once enjoyed; change in weight or appetite; changes in sleeping pattern; feelings of guilt, hopelessness or worthlessness; inability to concentrate, remember things or make decisions; fatigue or loss of energy; restlessness or decreased activity; complaints of physical aches and pains for which no medical explanation can be found; thoughts of death or suicide.

The Halton Regional Mental Health Promotion Project in Collaboration with the Canadian Mental Health Association are working to help everybody get the facts. For information call Suzanne Whittemore at 825-6060, ext. 7990 or 1-800-268-0999.

Health Notes is prepared by the Halton Regional Health Department staff.

SUNDAY FAMILY PROGRAMS AT TERRA COTTA CONSERVATION AREA 1995 WINTER/SPRING PROGRAMS

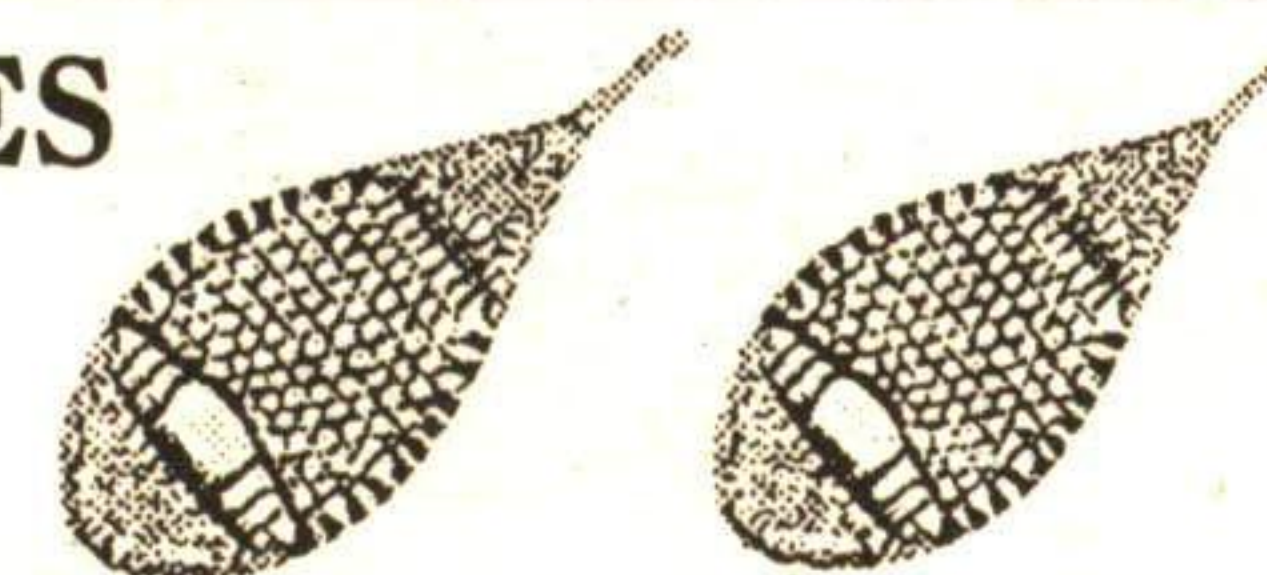
SNOW-SHOEING - TRACKS, TRAILS 'N TALES

Sunday, January 8, 1 p.m. to 4 p.m.

Cost: \$5.00 per adult and \$3.00 per child

Suitable for adults and children (6 years and older)

Join our Conservation Area staff for 3 hours of family fun hiking through the woods on snow-shoes. We'll be checking the trails for signs of animal activity; many interesting stories can be read in the snow as creatures go about their winter chores. We'll be moving at a leisurely pace.



WILDERNESS SURVIVAL IN WINTER

Sunday, January 29, 10 a.m. to 4 p.m.

Cost: \$10.00 per person

Suitable for adults and children (8 years and older)

This outdoor workshop will teach you some valuable survival skills. In winter, the greatest challenge for all living creatures is to stay warm. You will learn how to construct different snow shelters, make fires, and learn emergency first aid. Map and compass training will round out a very busy day.



In 1995, the Credit Valley Conservation Authority is presenting a series of Sunday programs at Terra Cotta Conservation Area. The programs are either full day or half day events and most are suitable for both children and adults; appropriate age levels are listed in the program descriptions. A few programs are offered on both Saturday and Sunday. All programs start from the Visitor Centre in the Terra Cotta Conservation Area. For information, call (905) 670-1615, ext. 264 or 1-800-668-5557, ext. 264.



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22" w x 45" L	2.29	54" w x 45" L	9.27	24" w x 64" L	6.49	32" w x 64" L	8.45	44" w x 64" L	11.89
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27" w x 45" L	3.69	18" w x 64" L	4.99	26" w x 64" L	6.69	34" w x 64" L	8.59	48" w x 64" L	12.29
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