

What is Major Depressive Disorder?

Major depressive disorder (MDD) is a mental health condition that causes feelings of sadness, emptiness, and hopelessness that last for a long time. People with MDD may lose interest in activities they once enjoyed, have trouble sleeping or sleep too much, feel tired all the time, and have difficulty concentrating. They may also have physical symptoms like headaches or stomachaches.

Things to Avoid with MDD:

1. Isolation: Withdrawing from friends, family, and activities can make MDD symptoms worse.
2. Alcohol and drugs: Substance abuse can interfere with MDD treatment and worsen symptoms.
3. Negative self-talk: Focusing on negative thoughts about yourself can make MDD harder to manage.
4. Stress: While some stress is unavoidable, try to limit stress where possible, as it can worsen MDD.

Things That Can Help with MDD:

1. Talk to a trusted adult: If you think you might have MDD, talk to a parent, teacher, or school counselor. They can help you get the support you need.
2. See a mental health professional: A therapist or counselor can help you work through your feelings and develop coping strategies.
3. Consider medication: In some cases, a doctor may recommend medication to help manage MDD symptoms.

4. Practice self-care: Engage in activities that make you feel good, like exercising, spending time with friends, or doing a hobby you enjoy.

Remember, MDD is a treatable condition. With the right support and care, it's possible to manage symptoms and feel better.