

This flyer has been produced in the framework of the project entitled "Reducing access inequalities in primary healthcare for socially significant diseases at CB Area's deprived communities" with the acronym <equal2health>, which is implemented under the CP INTERREG V-A "Greece-Bulgaria 2014-2020" with partners from Greece and Bulgaria. The contents of the flyer are sole responsibility of CVT Nefeli and can in no way be taken to reflect the views of the European Union, the participating countries the Managing Authority and the Joint Secretariat.



NATIONAL HEALTH INSURANCE
 FUND - REGION SMOLYAN



MUNICIPAL HOSPITAL
 OF DEVIN



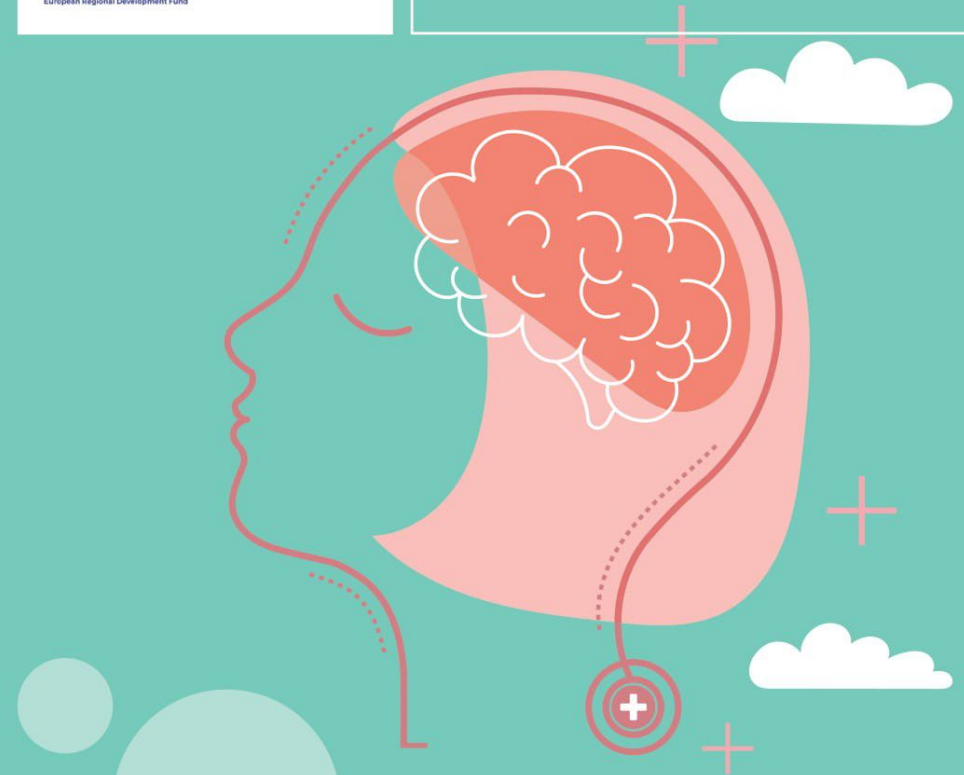
DIAGNOSTIC AND CONSULTING
 CENTER "ALEKSANDROVSKA"

As part of the project in the region of Greece, two structures have been established and running providing free medical examinations and counselling for cardiovascular, neurological and psychiatric conditions:

- 1) The "Observatory equal2health" of socially significant diseases in the Program area; Psychiatric Hospital of Thessaloniki, located on 196 Lagada Street, post code 56430, Stavroupoli, telephone number 2313-324268 (Monday and Wednesday 15:00-20:00)
- 2) The Pilot Local check-up centre equal2health of socially significant diseases in the city of Diavata in Thessaloniki «SOS DCP CENTER Diavata equal2health» located on 2 Panagiotou Spyrou street, post code 57008, telephone number 2310 -788630 (extension 407) (Monday to Thursday 15:00-20:00)



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Prevention and Mental health



What is depression and what sadness or melancholy?

Sadness and melancholy can be experienced after a life event, such as the death of a loved one, separation or job loss, and presents strong negative emotions; yet, at the same time, there is a healthy perception that life does go on and a person responds to the demands of everyday life.

On the contrary, with depression a person is «immersed» in sadness and despair, with a significant effect on his or hers functioning ability and behaviour.

Have I got depression?

- Do you often feel melancholy and / or suddenly burst into tears?
- Do you often feel that it is not worth trying for something?
- Do you find it difficult to remember something or concentrate?
- Do you find it difficult to relax?
- Have you noticed changes in your appetite (increase or decrease) and weight in the last month?
- Do you repeat unpleasant scenarios (e.g. dismissal from work, separation from your partner) again and again in your mind?
- Have you lost interest in things that used to please you (e.g. cooking, sex, going out with friends)?

If the answer is YES to most of the above questions you are likely to be depressed.

A large percentage of people with this condition may often visit A&E hospitals with organic symptoms, which symptoms however, doctors cannot relate to organic diseases. The most common physical ailments reported by people with depression are:

- Physical fatigue or exhaustion
- Chest or back pain
- Headaches
- Nausea, stomach pain and other digestive problems
- Musculoskeletal pain
- Menstrual disorders



Depression is not a weakness and it can happen to anyone.

What is the treatment for depression?

The main treatments for depression is the prescription of antidepressants, aiming at the improvement of emotions rather than their repression, whilst at the same time not causing addiction to the medication; and psychotherapy that leads towards a better understanding of the problems faced, and assisting in the rediscovery of hope and meaning in life.

Does depression affect my health?

- Depression can worsen the onset of diabetes or the condition of a heart disease
- Depression can lead to bad habits in a person's lifestyle (e.g. unhealthy diet, inactivity, smoking, weight gain, hypertension) exacerbating the risk of diabetes and heart disease.

What else do I need to know?

The key word is COMMUNICATION.

Communicate the problem to your family and especially to your doctor.

Find the solution that works best for you.

