

What can I do when feeling down?



Exercise regularly, even if it's just a short walk



Continue to do things you have always enjoyed

Talk to someone you trust about your feelings



Seek professional help


Click here



Avoid or restrict alcohol intake and refrain from using illicit drugs; they can worsen depression

Echoing the theme of World Health Day 2017:

“Depression: Let’s Talk”

More Information:

Depression Matters Let’s Stand Together

Joyful@HK

Emotional Health Tips

Worried about the future? Preventing depression during your teens and twenties (WHO)

