CLARITY
SINGAPORE

What Is Depression?

Depression makes daily life feel overwhelming, leaving you sad and disconnected from things you once enjoyed. You don't need to carry it alone. Professional support can help.

How It Affects You

EMOTIONALLY

- Persistent low mood
- Loss of interest
- Feelings of worthlessness
- Recurrent thoughts of death or suicide

PHYSICALLY

- Difficulty concentrating
- Loss of energy
- Sleep disturbances
- Changes in appetite or weight



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What Can You Do?

For Yourself

Start a journal
Writing down your thoughts can help you better understand your emotions and identify patterns.

Challenge negative thoughts
Identify unhelpful thought patterns and reframe them with more balanced perspectives.

For Others

Stay connected
Check in regularly, spend time together and above all, remind them they are not alone.

Help with practical tasks
Offer support with everyday chores or errands, when they feel overwhelmed.

Connect with us!
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