Feelings of Depression

Let’s talk about depression...

- Depression can include a range of feelings like sadness, despair, hopelessness, loss of interest, irritable mood, changes in sleep patterns, loss of appetite, and difficulty making decisions.
- If you are having thoughts of harming yourself or others, call 911 immediately or the Montreal Suicide Action line 1-866-277-3553.

What you can do

- Consider speaking to a mental health professional for further help.
- Talk to someone you trust. Consider using your support group(s) and/or family/friends to help you out.
- Try relaxation therapy, guided imagery or creative therapies.
- Consider getting extra help from counselling or programs with talk therapy (like Cognitive-Behavioral Therapy and Mindfulness-Based Stress Reduction).
- If your concerns are spiritual, try spiritual counselling, such as focused meditation, prayer, worship or other spiritual activities.

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.

Other resources

Managing Depression

What is Depression (video)

More resources at
mcgill.ca/rcr-rcn/patient

In your hospital

Symptom Hotlines
Don’t hesitate to call!
Hours of operation: 8AM to 4PM

MUHC: (514) 934-1934 ext. 34160
JGH: (514) 340-8222 ext. 25529
St. Mary’s: (514) 734-2679, ext. 5

Psychosocial Oncology
JGH: (514) 340-8222 ext. 23223
St. Mary’s: (514) 345-3511 ext. 6679

MUHC Social Work: (514) 934-1934 ext. 31569
MUHC Spiritual Care: (514) 934-1934 ext. 34163

For more information:
MUHC: Cedars CanSupport
(514) 934-1934 ext. 35297

JGH: Hope & Cope
(514) 514-340-8255

St. Mary’s: Contact CanSupport or Hope & Cope