

**C**atherine grew up in a very demanding environment. She is always afraid of disappointing people and interprets their comments as criticism. She devotes herself to doing what she thinks others expect of her, becomes exhausted and disappointed with the lack of recognition she gets for all her efforts, and so tries to do even more to please people. Her feelings of sadness and helplessness are growing.

### Who is a psychologist?

In Quebec, only members of the Ordre des psychologues du Québec may be called psychologists. This requirement ensures respect of a code of ethics. All psychologists have completed at least 5 to 7 years of university training devoted to understanding human psychological development and function.

### How can I find a psychologist?

Start by asking people you know and trust, who might be able to recommend a psychologist.

You can also consult the Ordre des psychologues du Québec's referral service. You will be given the names of three psychologists, members of the Ordre, working in your area, and selected according to your specifications (such as particular field of expertise, gender, number of years of experience, languages spoken, etc.).

To reach the Ordre des psychologues du Québec's referral service, call (514) 738-1223 or 1 800 561-1223 Monday to Friday, from 9:00 a.m. to 5:00 p.m.



ORDRE  
DES PSYCHOLOGUES  
DU QUÉBEC

Got the blues?

Talk to someone  
who can help

*Talk to  
a psychologist*



ORDRE  
DES PSYCHOLOGUES  
DU QUÉBEC



Depression is one of the most common types of psychological distress. Statistics show *women* to be most susceptible to depression. However, it also affects *men, children, adolescents* and the *elderly*. People may often be poorly informed about treatment options, and appropriate treatment is not always available to those seeking it.

## Causes of depression

Depression is caused by a combination of biological, psychological and social factors. These factors are inter-related and each factor has an impact on the others.

### ● Biological factors

Heredity  
Physical illness  
Etc.

### ● Psychological factors

Way of thinking  
Self-confidence  
Personal relationships  
Unresolved conflicts  
Etc.

### ● Social factors

Loss:

of a loved one  
of a job or occupation  
of personal belongings  
of a state of health  
of an ideal

Disappointment:

in a loving relationship  
in a family context  
in work or professional activities  
in studies, or in a school environment

**J**ohn has no friends. He finds it hard to talk to people, and this has caused conflicts at work. He feels lonelier and sadder every day, thinks other people find him boring, and questions the meaning of his life.

## Recognizing depression

The major signs of depression are:

- feelings of sadness, crying, irritability, impatience or aggressivity, arising frequently during the day;
- loss of interest in previously enjoyed activities;
- sleeping problems, such as sleeping too little or too much, or waking up tired;
- a constant feeling of tiredness;
- feelings of dissatisfaction with one's self and accomplishments;
- difficulty concentrating and taking decisions, even in simple situations;
- thoughts of death or suicide.

If you or someone close to you is experiencing some of these symptoms, a consultation with a psychologist or doctor is in order for appropriate evaluation and treatment.

## Treating depression

According to the type of depression, biological treatment with antidepressors may be judged necessary or useful by a doctor. Psychologists and doctors frequently collaborate in the treatment of depression. Psychotherapy remains, however, the best treatment for depression in the majority of cases.

## What is psychotherapy?

In psychotherapy, a psychologist helps not only to identify the cause of your depression, but will also help you understand and come to terms with the difficulties you are experiencing. You will come to understand the interactions between way of thinking, relationships, emotions and internal conflicts. You will explore, with your psychologist, how the way you perceive events contributes to your depression.

Better self-understanding will allow you to make the changes necessary for your well-being and quality of life. Your psychologist will help you identify elements likely to contribute to successful treatment, both within yourself and within your environment. He or she will help you find tools you can use throughout your life. Learning new ways of reacting to events will help you to prevent falling into depression again.

**M**ary is 15 years old, and her boyfriend has just left her for someone else. She feels sad and worthless, and wonders why life is worth living.

## Does psychotherapy take years?

Although long-term therapies do exist, treatment for different types of depression generally requires between 12 and 25 sessions.

## How much does therapy cost?

A number of psychologists work in CLSC's or in hospitals offering psychological services. Their fees are covered by the Quebec health-care program.

Psychological consultation is also made available for a minimal fee through some community groups. Your CLSC can tell you if such services are available in your area.

Fees for psychologists working in private practice are not covered by the Quebec health-care program. The average cost of psychotherapy is currently about \$75 per session. Most private insurance programs cover a portion of these fees. Many employers also offer psychological services as part of their employee aid program. Psychological services are tax deductible.

**P**hil has worked very hard, but the promotion he was expecting was given to a colleague he considers less competent. He feels he has been treated unfairly and, despite his best efforts, has trouble concentrating, makes mistakes, blames himself increasingly, and is irritable at work and at home. He feels guilty about the kind of person he has become.

***Psychotherapy, a scientifically proven, effective treatment for depression.***