

Depression



Bring2Life
Creative Counselling

What is Depression?



Depression, also known as major depressive disorder, is a serious mood disorder that affects how a person feels, thinks, and handles daily activities like sleeping, eating, or working. To be diagnosed, symptoms must last at least two weeks.

Why Many Men Have a Harder Time Seeking Treatment for Mental Illness



We're ignoring the stigma surrounding mental health that stops many men from seeking help when they need it most — and it's literally killing them.

[Healthline.com: How Can We Reduce Men's Mental Health Stigma](#)



Bring2Life Creative Counselling offers flexible services directly to clients in urban and rural Saskatchewan.

Our Registered Social Workers provide therapies like CBT, DBT, Narrative Therapy, Art Therapy, and Play Therapy. We address issues including anxiety, depression, grief, addiction, trauma, and relationship counselling.

We bring our services directly to our client with On-The-Go Mobile, Video/Phone, and Unlimited Text Counselling. The best part is, as a registered charity, Bring2Life brings all of this to our clients at NO COST.

Explore More with these Helpful Links

Click to Get Started

1. [Different types of depression](#)
2. [Who gets depression?](#)
3. [What are the signs and symptoms of depression?](#)
4. [What are the risk factors for depression?](#)
5. [How is depression treated?](#)
6. [Why Many Men Have a Harder Time Seeking Treatment for Mental Illness](#)



Practitioners that Practice Mindfulness in the Yorkton Area

Bring2Life Creative Counselling

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