Depression is never really ‘black and white’ - Some facts about depression (Cambodian)

This fact sheet is part of the Multicultural Information Series by the Queensland Transcultural Mental Health Centre

In the Cambodian culture, depression is perceived as a mental illness. Depression can manifest in various ways, including sadness, exhaustion, and difficulty concentrating. People may also experience changes in appetite and sleep patterns. Some common symptoms of depression include:

- Loss of interest in activities
- Feeling hopeless or discouraged
- Changing sleep patterns
- Fatigue or lack of energy
- Changes in appetite
- Difficulty concentrating or making decisions
- Feeling worthless or guilty
- Physical health problems
- Thoughts of suicide

It's important to address depression early to prevent further complications. If you or someone you know is experiencing these symptoms, it's crucial to seek professional help. Counselling and medication can be effective treatments for depression.
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This fact sheet is available in Arabic, Bosnian, Cambodian, Chinese, English, Greek, Italian, Polish, Russian, Serbian, Spanish, Tagalog and Vietnamese.

For more information

For more information, please contact the Queensland Transcultural Mental Health Centre.

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Multicultural Information Series

Other titles available in the Multicultural Information Series include:

- Coping with mental illness in the family
- What is mental illness?