



POST STROKE DEPRESSION

What is Post Stroke Depression?

First, it is important to note that we all feel sad sometimes. You will likely experience some sadness after your stroke. These feelings are normal and eventually, you will start to feel better. With Post-Stroke Depression, these feelings do not resolve. They become so overwhelming that they impact your ability to function in daily life.

Am I at risk?

- Approximately 1 in 3 Stroke Survivors will experience Post-Stroke Depression
- Post-Stroke Depression can occur at any point after a stroke but is most common 3-4 months after the stroke

What are the signs and symptoms?

- Sleep changes
- Memory loss
- Lack of interest
- Feeling hopeless
- Aches and Pains
- Feeling Worthless
- Inability to concentrate
- Weight gain/loss
- Tired
- Tearfulness

What is the treatment?

Treatment will vary depending on your symptoms. If symptoms are mild you may just be monitored. Sometimes, depending on the severity of symptoms, medication may be recommended. Medication is typically continued for at least 6-12 months. Sometimes therapy may be recommended alongside medication.

What can I do?

- Know the signs and symptoms of Post-Stroke Depression. If you think you or your loved one may be suffering from Post-Stroke Depression, talk to a member of your healthcare team.
- Talk to someone you trust
- Join a support group for stroke survivors