

Recognising Depression:

While each person will be affected by depression in their own individual way, many depressed people experience some of the same symptoms which can include, among others:

- Losing interest in life
- Finding it harder to make decisions
- Not coping with things that used to be manageable
- Exhaustion
- Feeling restless and agitated
- Loss of appetite and weight
- Difficulties getting to sleep or sleeping too much

If you are experiencing some of these symptoms for two weeks or more and to such an extent that you feel very distressed or unable to cope, it is important to get help. The earlier depression is diagnosed, the more quickly it can be treated.

For more symptoms of depression go to: www.nhs.uk/Conditions/Depression/Pages/Symptoms.aspx

To undertake a Depression self assessment go to: www.nhs.uk/Tools/Pages/depression.aspx?Tag=

For more information about understanding depression go to:

www.mind.org.uk/help/diagnoses_and_conditions/depression?gclid=COqs2PLztq8CFcwTfAod5xTEhg

Depression explained: www.nhs.uk/Conditions/Depression/Pages/Introduction.aspx

Carers and Depression

It's not just the person with depression who is affected by their illness. The people close to them are too. Looking after someone who's depressed can be both physically exhausting and emotionally stressful. If you're caring for someone with depression, your relationship with them and family life in general can become strained. You may feel at a loss as to what to do. Finding a support group and talking to others in a similar situation might help.

For advice on health, fitness, emotions and relationships while looking after someone else, and how to get help go to:

www.nhs.uk/carersdirect/yourself/Pages/Yourownwellbeinghome.aspx

Anxiety and Depression

People who are depressed are often very anxious. It's not clear whether the anxiety leads into the depression or whether the depression causes the anxiety. A person feeling anxious may have a mind full of busy, repetitive thoughts, which make it hard to concentrate, relax, or sleep. They may have physical symptoms, such as headaches, aching muscles, sweating and dizziness. It may cause physical exhaustion and general ill health.

Postnatal Depression

People expect that having a baby is going to be a source of happiness, and of course it is, and should be. But, as a new mother, you may be very far from feeling this straight away, and this can bring with it huge anxiety. You may go through a short period of feeling emotional and tearful, which may be brief and manageable (the 'baby blues'), or you may develop deeper and longer-term depression (postnatal depression). Very rarely, a new mother may experience an extremely severe form of depression.

For more information about Postnatal Depression visit here:

www.mind.org.uk/help/diagnoses_and_conditions/post-natal_depression

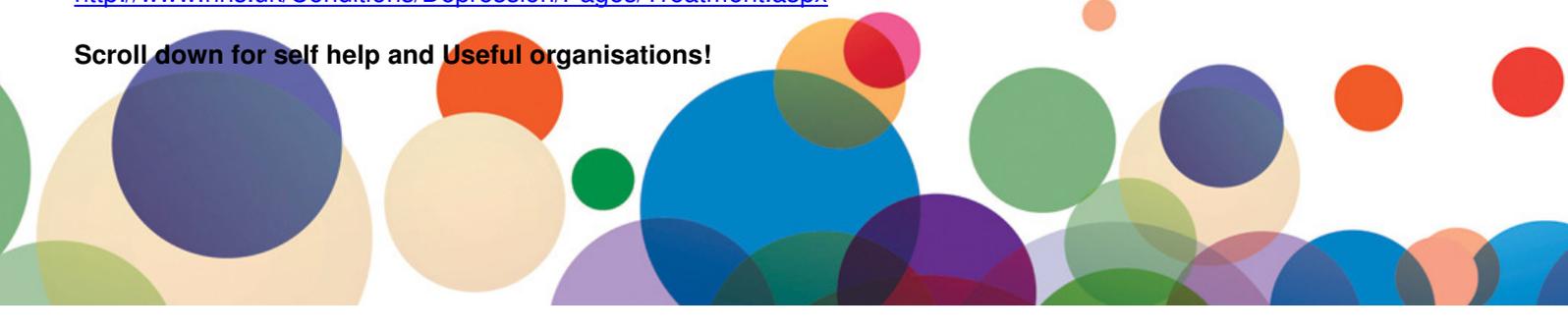
Treating depression

Treatment for depression usually involves a combination of medicines, talking therapies and self help. The kind of treatment that your doctor recommends, will be based on the type of depression you have.

For more information on the treatments available for depression visit:

<http://www.nhs.uk/Conditions/Depression/Pages/Treatment.aspx>

Scroll down for self help and Useful organisations!



Self Help:

[Exercise](#)

Seek support, speak to someone – search for local services!

[Eat a healthy diet](#)

Plan meaningful activities – search local services!

[Be kind to yourself](#)

If you feel unsafe, want to harm yourself or are feeling suicidal, seek professional help immediately. [Click here!](#)

Moodjuice self help guide for Depression: <http://www.moodjuice.scot.nhs.uk/depression.asp>

For a free Recovery programme for Depression visit:

http://www.rethink.org/mental_health_shop/products/rethink_publications/recovery_programme_f.html

Living Life to the Full a free online resource - ...helping you to help yourself:

http://www.lltf.com/index.php?section=page&page_seq=8

Steven Fry talks about his depression: <http://www.youtube.com/watch?v=TcPRF9sIENI&feature=related>

Useful organisations

[British Association for Behavioural and Cognitive Psychotherapies \(BABCP\)](#)

tel. 0161 797 4484

Find a behavioural therapist at www.babcp.com

[British Association for Counselling and Psychotherapy \(BACP\)](#)

tel. 01455 883 300 (general enquiries) Find details of local practitioners at www.bacp.co.uk

[British Psychoanalytic Council \(BPC\)](#)

tel. 020 7561 9240

Body of psychoanalytical psychotherapist societies

www.pschoanalytic-council.org

[Carers UK](#)

helpline: 0808 808 7777

Information and advice on all aspects of caring at www.carersuk.org.uk

[Depression Alliance](#)

tel. 0845 123 2320

Search for information, support and self-help groups at www.depressionalliance.org

[Mind Publications](#)

15-19 Broadway

London E15 4BQ

tel. 0844 448 4448 www.mind.org

[The Institute for Complementary and Natural Medicine \(ICM\)](#)

tel. 020 7922 7980

Database of professional, competent practitioners at www.i-c-m.org.uk

[Rethink](#)

advice line: 0845 456 0455

Information and support for people affected by severe mental illness at www.rethink.org

