

Everybody's Mental Health Matters



Depression

What is depression?

Most people at some point in their lives will experience periods of low mood and low motivation, described by some as feeling down or having the blues. For people experiencing depression, these feelings can be much more severe, with periods of very low mood that can last weeks or months. These feelings are difficult to get rid of and can begin affecting their everyday lives. Depression is a very common mental health problem with 2 out of every three adults experiencing milder forms of depression at some point in their lives. 1 in 4 women and 1 in 10 men will seek treatment for more severe forms of depression.

Common Symptoms

People experiencing depression may have some of the following symptoms:

- Loss of interest in other people, work or hobbies
- Feeling of guilt or low self worth
- Disturbed sleep or appetite
- Low energy and poor concentration
- Suicidal thoughts
- Loss of interest in sex
- Sleep problems
- Agitation and restlessness

Self Help

- Don't keep problems to yourself
- Stay active (for example exercise or housework)
- Eat well - A poor diet can make you feel worse)
- Avoid Alcohol - Alcohol can make you feel better for a few hours, but it is also a depressant and will make you feel worse and less able to deal with problems.)
- Seek help for things you think may be making you feel depressed (for example debt, bereavement, bullying etc...)

Common Treatments

- Counselling
- Cognitive Behavioural Therapy
- Alternative Therapies such as St John's Wort
- Anti-Depressants

Further Information

You can find out more about depression by visiting the following website:

<http://www.nhsdirect.nhs.uk/encyclopaedia/>

<http://www.rcpsych.ac.uk/mentalhealthinformation.aspx>