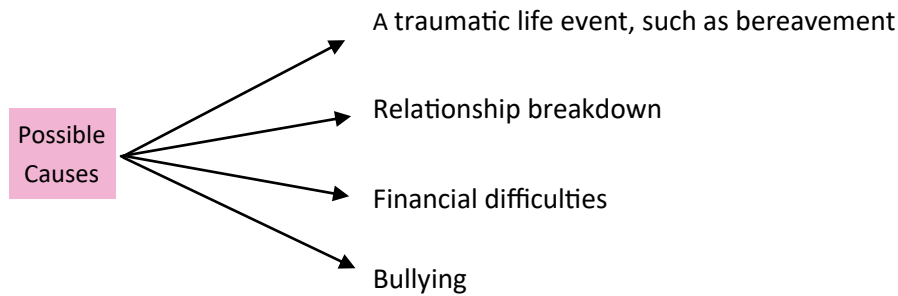




Understanding Depression

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental Health is an integral part of this definition.”

World Mental Health Organisation



Main types of Depression

Mild Depression Symptoms

- Tiredness
- Some early morning depression
- Indecision
- Poor concentration
- Loss of concentration
- You may not necessarily appear depressed

Moderate Depression Symptoms

- Extremely fatigued
- Sleep disturbance
- Appears to others to be depressed

Severe Depression Symptoms

- In addition to the symptoms of moderate depression, the persons judgement is impaired. They have an extremely pessimistic and negative view of their own self-worth and future prospects.
- Strong suicidal thoughts or intent
 - May have delusions or false beliefs
 - Hallucinations eg hearing voices or having visions



Treatment

- Talking therapies
- Medication
- Self-help

Seeking help

Visit your GP or contact your National Health Service.

If you start to feel like you can't cope, life is becoming very difficult or your life isn't worth living, get help straight away.

Tips for coping

Be more active

Face your fears

Write about your feelings

Have a routine

Don't drink too much

Talk about it

SAMARITANS



116 123

This is a **FREE** to caller number