

Depression



An information booklet

Shining a light on the future



About this leaflet

- This leaflet is about depression
- It will tell you the signs of depression
- It will tell you some things to help

What is depression?



Sometimes we all feel sad.

Depression is more than feeling sad.

Lots of people have depression.

People with depression feel very sad all the time.

People can stop enjoying things they like.

People find it harder to do things.

People with depression have sad feelings



People with depression have sad thoughts

I hate myself

Only bad things happen to me

I can't think properly anymore

I can't do anything well

I'm a terrible person

There's no point to anything

Nothing can go right

I can't remember things



Changes in how your body feels



You might get aches and pains.



You might get tired a lot of the time.

You might feel restless.



You might not sleep at all or wake up much too early.



Your weight might change.

Changes in what you do



You might be less active.



You might stop doing things you used to do.

You might find it hard to do even simple things.



You might not want to eat.



You might not want to see people. You might avoid people by not going out or not using the phone.

Depression can happen for lots of reasons



It might happen –

- If someone you were close to has died
- If you have moved to a new place
- If a friend or helper has gone away
- If you have been very ill or ill for a long time
- If someone has hurt you
- If you are worried about money
- If you have just had a baby



Some things can make depression worse

When you have depression you might not want to talk to anybody about it. Keeping things to yourself can make you feel worse.



Drinking alcohol makes you feel even more depressed.



Hot drinks like tea and coffee can make you feel tense and stop you from sleeping.

Things you can do to help



Talk to your friends, family, staff or helpers about how you are feeling.



Try to eat well. Eat proper meals when you can.



Try to do some exercise - even a little bit might help.



Try to go out and do something you used to enjoy doing.

How other people can help you



Talking to people you know can help.

People could change things that are making you unhappy.

They might change where you live or what you do.



You can go to your doctor to get help.

Your doctor might suggest you see a counsellor or psychologist. They could listen to you talk about how you are feeling.



Your doctor might give you medicine to help you to feel better.

Some people who can help you

My GP

Community Nurse

They can help you if you think you have depression.

Mind



08457 660 163

Mind help people who have depression and other mental problems. They can tell you more about depression.

The Samaritans



08457 909 090

The Samaritans are a telephone helpline for people who are very unhappy or are thinking about hurting themselves. You can phone them to talk to someone. They won't tell anybody what you say to them.



Further information about the content or production of this leaflet can be obtained from the Patient Information Centre.

This leaflet can be made available in a range of formats on request (eg Braille, audio, large print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545

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