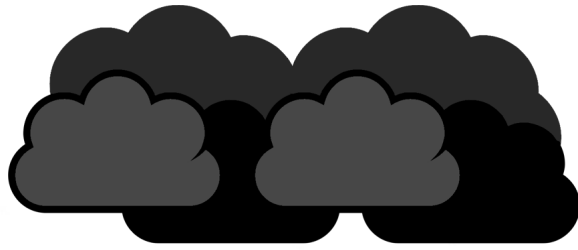


# DEPRESSION

[easyhealth.org.uk](http://easyhealth.org.uk)

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# What is Depression?



Everybody feels **sad** and **'fed-up'** sometimes.

Sometimes people can feel sad or down for a **few days**. This is normal.



Depression is when you feel **sad** for weeks or months.

If you have  
**very bad depression,**  
life can feel very hard.



**Very bad depression**  
can make you want to  
hurt or kill yourself.



Depression takes time to **STOP.**



Depression is **separate** from having a learning disability.

**Depression** can happen if there has been a change in your life...



...like when someone you know has died...



+



...when you have **another health problem.**



Sometimes you may feel **depressed** for no **obvious** reason at all.



Depression can come on **s l o w l y** .

This makes it hard to notice that something is **w r o n g** .



Sometimes **o t h e r** **p e o p l e** have to tell you that you have **d e p r e s s i o n** .

It is important that you visit your **d o c t o r** .

They can help you.



With the right help and treatment, most people can get **b e t t e r** .

# Depression may make you:



More **sad** and '**fed up**' than usual.

**Cry** a lot



Want to **stay away** from people

**Tired**



Want to **EAT** very little or a lot!



# Depression may make you feel:



WORRIED



Like everthing is **difficult!**



**Bad** about yourself

Like you want to **hurt** or **kill** yourself



Like you **can't stay still**

Depression may make it:



Difficult to **sleep**

or make you...

Wake up  
**TOO EARLY!**





Depression can make you feel:



Dizzy



Sweaty



Tense



Sick



In pain

# You may also find:

It is **hard** to poo (**constipation**)...



...or you have diarrhoea (**runny poo**)



Your heart is beating **fast**



You are moving round more **slowly**



You **don't** want to have **sex**



If you think you have depression:




Go and talk to your **doctor**.





Your **doctor** will ask you **questions** to find out how you **feel**.


Your **doctor** may give you another appointment.

**My Appointment Card** designed by  
**generate**<sup>+</sup>  
020 8879 6333

 **Time:** \_\_\_\_\_

 **Date:** \_\_\_\_\_

 **Where:** \_\_\_\_\_

 **To see:** \_\_\_\_\_



You can take someone with you like a support worker, friend or family member.

They can help you to explain how you feel.



Your **doctor** may:



Ask you to take medicine



Send you to see a **Psychiatrist,**  
**Psychologist** or **Counsellor.**

These are **experts** who can help  
you with your **depression.**

You may also want to:

**Talk** to someone that you like and trust.

This might be a good **friend** or **family** member



**Tell** them how you **feel**

Try to look after yourself by:



Getting lots of **sleep**



Exercising



Eating **healthy** food



Drinking plenty of **water**



Letting people that you like **help** you



Doing something that you **love** each day



If you need to speak to  
someone now!...



...you can call the

**SAMARITANS**

08457 90 90 90



This information was made by the  
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