

Guide to

---

# Depression

---

# What is Depression?

Depression is very common and will affect 1 in 4 of us at some stage in our lives.

In its mildest form, depression causes lowered mood, which doesn't stop us leading our normal lives but does make everything seem much harder and less worthwhile.

In its severest form, depression can be life threatening, and may make you feel suicidal or giving up the will to live.



**Depression often coexists with other mental health issues**

## What causes Depression?

There are many reasons that can cause a person to suffer with Depression. These can include:

- Problems with relationships
- Family problems
- Financial problems
- Childbirth
- Homelessness
- Worries at work
- Physical illness
- Alcohol and drunk misuse
- Bereavement
- Unemployment

## Why am I Depressed? Why do I feel this way?

### Recognising the signs of Depression?

- Tiredness, lack of energy or enthusiasm
- Loss of concentration, inability to make decisions
- Loss of self confidence
- Feeling empty and despondent, useless or inadequate
- Avoiding friends and family
- Sleep problems
- Eating more or less than usual
- Loss of interest in sex and outward affection
- Feeling irritable or impatient
- Suicidal and morbid thoughts

**We all feel down and low at points throughout our life. It is when it becomes prolonged periods of feeling like this that it becomes a problem**

### Steps to helping yourself

- Don't keep your feelings bottled up
- Try talking to someone you trust
- Eat well, even if you don't feel like eating
- Find things to occupy your mind, things that keep you busy
- Try a brisk walk or some other exercise
- Don't be tempted to drown your sorrows
- Contact your GP or seek other professional help
- Think about what works best for you

**Remember: You are not alone!**

# Getting Help

There are many ways in which you can receive support and advice for your mental health. Your first point of call would be to contact your local GP.

For more information on Mental Health please contact the following:

**NELFT Mental Health Direct**  
**0300 555 1000**

**Havering Access Assessment and Brief Intervention Team (HABIT)**  
**0300 555 1092**

**Mind Infoline**  
**0300 123 3393**

**Seeking help and support for dealing with a mental health problem is nothing to be ashamed or afraid of**

## Quick facts

- Approximately 30% of all GP appointments are related to mental health!
- 1 in 4 people will experience a mental health problem in their lifetime
- According to the World Health Organisation by the year 2020, Depression will be the second most common form of illness after heart disease.

More detailed information about stress and other mental health problems can be found by visiting the national Mind charity website:

**[www.mind.org.uk](http://www.mind.org.uk)**



For more information on Havering Mind please contact us on 01708 457040 or visit our website [www.haveringmind.org.uk](http://www.haveringmind.org.uk) or email [reach.us@haveringmind.org.uk](mailto:reach.us@haveringmind.org.uk)



@HaveringMind



HaveringMindCharity