

When should you seek further help?

Depression can lead people to have thoughts of self-harm or even suicide. If this happens to you, it is very important that you seek help.

WHICH NUMBER?

IS there a free 24-hour service?

You should make contact with a healthcare professional if:

- You notice **thoughts of self-harm**, a feeling that life is not worth living, or that other people would be better off without you.
 - You feel worse than before and don't seem to be getting any better.
 - Your symptoms continue to affect your work, hobbies and feelings towards your family and friends.
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- Much can be done to prevent and treat depression. Treatment depends on how bad your symptoms are but can include one or more of the below:
 - Lifestyle changes
 - Self-help
 - Talking therapies
 - Medication

Psychological self-help:

Books or mobile and internet apps can help you learn ways to think about problems differently.

Some are excellent, but many are not.

Check if the authors or providers can be trusted, e.g. an experienced clinician or a recommended health organization.

Good resources should help you:

- understand depression
- learn skills to deal with problems and challenge negative thoughts
- Keep track of your own behaviour (e.g. a diary)

You can get further information and support from these sources:

PLEASE INSERT SOMETHING!

IS THERE ANY WEBSITE AND/ OR BOOK YOU CAN RECOMMEND?



**Self management for
low mood and
depression**

What is Depression?

- Depression is a condition characterized by long lasting sadness, a loss of interest in things you used to enjoy, or feeling unable to do your daily tasks or chores.
- It can last just a few days, but to be diagnosed, it needs to last at least two weeks.
- You may also:
 - Have a change in appetite; sleep more or less; feel anxious; struggle to concentrate or make decisions; feel restless; feel worthless, guilty, or hopeless; have thoughts of self-harm or suicide.
- Depression can be brought on by stress or bad experiences, but often there is no obvious reason. Our genes, early life, and our current lifestyle can also play a role.
- It can happen to anyone of any age, background, race.
- Depression is NOT a sign of weakness!

Self management for low mood and depression:

- Lifestyle changes and self-help techniques can be enough to reduce feelings of mild to moderate depression.
- These changes can make a big difference in your life.
- Try them for at least four weeks and keep track of your progress.



Self-management for low mood and depression



Talk to someone:

Talk to someone you trust about your feelings. You may need to talk (and maybe cry) more than once. This is part of the mind's natural way of healing.



Exercise regularly:

Any activity can help, especially those you used to enjoy. If you need to, start small and increase step by step. Joining groups and clubs can help you to keep motivated and maintain a constant rhythm.



Avoid alcohol and drugs:

These may make you feel better in the short term but it doesn't last. Alcohol and drugs can make depression worse, are bad for your physical health, and can stop you dealing with problems or getting the help you need.



Keep occupied:

You may not want to do anything but this can worsen depression. Keep doing things you used to enjoy. Any tasks or chores that are part of your normal routine will also help.



Tackle the cause:

Look for any clear causes of your depression (e.g. work life, bullying, relationship problems), Ask for help and try to change or remove them.

If violence, maltreatment or abuse are involved, seek help from people you trust and/or contact legal and community resources.



Stay social:

Try to spend time doing things with family and friends.



Improve your sleep:

Ensure you get enough sleep.

- Create a daily rhythm by going to bed and getting up at set times each day.
- Remove any distractions (phones or televisions) from your bedroom.
- Spend time relaxing before you go to bed.



Eat well:

You may want to under or over eat but you need to eat well. Try to have regular, healthy meals. Fresh fruit and vegetables are important.



Be aware of negative thoughts:

Depressed people tend to have unrealistically negative opinions of themselves, their life and their future.

- Try to replace these with more positive thoughts.
- Congratulate yourself on your achievements.
- Adjust your expectations: it is okay if you cannot accomplish as much as normal.



Keep hopeful:

You are not alone: Many people have depression and many have got better.

Depression can lead you to make important decisions and changes in your life. You may come out of it stronger and better able to cope.