

Mental Health and Learning Disabilities



Depression

DEPRESSION



What is Depression?

Depression is a type of mental illness.



What can happen in Depression?

Feeling low

Less interested in activities

Feeling tired all the time

Eating too little or too much



Losing weight

Difficulty in sleeping

Waking up too early in the morning

Crying without any reason

Feeling restless

Feeling irritable

Feeling guilty without any reason

Feeling that life is not worth living



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What causes Depression?

Sometimes people can become depressed after losing someone they love.

You are more likely to have depression if a member from your family suffers from it.

Sometimes it may be difficult to know the reason.

If you want to know more about it, you can speak to your Psychiatrist or Community Nurse.



How is depression treated?

Talking to your carers, your doctor or nurse.

Doing some exercises can help you feel better.

Participating in activities that you like.

Medications known as antidepressants can help in treatment of depression.



Help and support



Your doctor:
Telephone Number:

Your Psychiatrist:
Telephone Number:



Your Community Nurse:
Telephone Number:

Other professionals involved:



Other resources:
www.patient.co.uk



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www.leicspt.nhs.uk - www.rcpsych.ac.uk.

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