Mental Health and Learning Disabilities

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
## 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.
<table>
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<th>Help and support</th>
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| **Your doctor:** ........................................  
**Telephone Number:** ...................................... |
| **Your Psychiatrist:** .................................  
**Telephone Number:** ...................................... |
| **Your Community Nurse:** .......................  
**Telephone Number:** ...................................... |
| **Other professionals involved:**             |
| **Other resources:**  
[www.patient.co.uk](http://www.patient.co.uk) |

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[www.leicspt.nhs.uk](http://www.leicspt.nhs.uk) - [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk).

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