



Association of Mental
Health in Education

DEPRESSION



www.community.amhie.com

Helpline: 02381 120010



WHAT IS DEPRESSION?

Depression isn't just feeling sad or fed up, it's a lasting feeling or sadness, hopelessness or disinterest which stops you from enjoying your life.

You might feel persistently sad for weeks, or even months at a time. This could lead to feelings of despair and suicide.

With the right treatment and support, most people will recover.

HOW THINGS START

Long-lasting feelings of sadness, hopelessness and losing interest in your life are all symptoms of depression.

Physical symptoms can include things like feeling tired, aches and pains, poor sleep, loss of appetite or libido.

The range of symptoms shown is different for everyone,



HOW IT DEVELOPS

There are factors in your life which would influence your mood and could be the start of depression. But you could also become depressed without a clear reason or cause.

It's important to recognise the symptoms, as persistent depression can be dangerous, with risks such as self harm or suicide.



MENTAL HEALTH MATTERS

SELF CARE

Depression isn't something which you can always treat yourself. But noticing when you are feeling down before it gets worse will help you to manage potential symptoms of depression.

Getting the right diet and exercise is important, talking about how you feel and getting professional help is essential.



OVERCOMING BARRIERS

Depression will sneak up on you, it is difficult to recognise the symptoms in yourself as part of the problem is feeling hopeless.

The important thing is to talk about how you are feeling, this will help others to recognise the more severe symptoms of depression and help you get the right support for your recovery.

YOU ARE NOT ALONE.





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Treatment for depression

SELF HELP RESOURCES

- The NHS have written a useful 'Self-Help Guide' for people suffering from mild-to-moderate depression. You can access it here: [Depression self-help guide](#)
- Cognitive behavioural therapy (CBT) programmes. There are several online CBT courses to treat anxiety and panic attacks. See our page on [CBI](#) to find out more.

TALKING THERAPIES

Counselling: A form of therapy that helps you think about the problems you're experiencing in your life so you can find new ways of dealing with them.

NHS TREATMENT

To get treatment on the NHS, the first step is normally to visit your GP. They will do an assessment, which might include asking you to fill in a questionnaire about how often you feel worried, anxious and nervous.

URGENT HELP: If you're feeling distressed, in a state of despair, suicidal or in need of emotional support you can phone NHS 24 on 111.
For an emergency ambulance phone 999.

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