

Depression

If you feel very sad, or unhappy about life, and this feeling lasts for a long time, or keeps coming back, and affects your life badly, you may have what we call depression.

A lot of people get depression: about 1 in 5 people at some point in their life, and about 1 in 20 get it very badly.

It may be quite mild, so it doesn't stop you getting on with your daily life, or it can be very severe. Some people with severe depression may feel life is no longer worth living, and may want to kill themselves.

You may go through a lot of feelings and physical reactions if you are depressed. These may include:-

- sleeping badly
- having no energy to do things
- crying a lot
- getting aches and pains
- getting no pleasure out of things you usually enjoy doing
- feeling helpless
- losing interest in your sex life
- hurting yourself
- thinking about killing yourself
- not wanting to go out or talk to people

...and possibly many other feelings.

It is important to know that you **can** get help for depression.

You may be able to do a lot of things to help yourself, such as:-

- Try to recognise when you are thinking negatively, and then try to change how you are thinking.
- Take part in physical activities, if you can.
- You may want to go to a self-help group, or talk to someone about how you are feeling. You can ask your doctor about organisations that could help, or look at *Leeds Mental Health Directory*. (Listen to separate clip 'How to use Leeds Mental Health Directory' and).

(Listen to separate clip '*Looking After Yourself*').

Your doctor may offer you medication (usually tablets). Many people find this helpful. If you take medication it is also important to know about ways in which the medication may also affect you badly.

If you have depression very badly you may need to go to hospital for a while to get support 24 hours a day.

Important organisations:-

- Leeds Crisis Centre
- Leeds Survivor Led Crisis Service
- Your own GP
- Connect Helpline

(You can get full details from Leeds Mental Health Directory. Listen to separate clip '*How to use Leeds Mental Health Directory*').