

DEPRESSION



**IT'S REAL. IT'S COMMON.
YOU ARE NOT ALONE.**

Depression can affect anyone.
It's not a sign of weakness and
it's nothing to be ashamed of.

Recognise it. Reach out.
Get support. Feel better.

**LOOK AFTER YOUR MENTAL HEALTH.
LOOK AFTER YOUR GAME.**



WHAT IS DEPRESSION?

Depression is more than
feeling sad or going
through a rough patch.

It's a common mental health
condition that affects how
you think, feel and handle
daily life.

It can happen to anyone
and it can be treated.

SYMPTOMS OF DEPRESSION

- Feeling sad, empty or hopeless
most of the time
- Loss of interest or pleasure
in things you used to enjoy
- Feeling tired or having
no energy
- Changes in sleep — too much
or too little
- Changes in appetite or weight
- Difficulty concentrating
or making decisions
- Feelings of worthlessness,
guilt or hopelessness
- Thoughts of death
or suicide

GETTING HELP



The first step is the
hardest, but it's also
the most important.

Talking to someone
you trust can make
a big difference.

You don't have to
face this alone.

Help is available
and recovery is
possible.



TYPES OF HELP



TALKING THERAPIES

Counselling or
therapy can help
you understand
your feelings and
build coping
strategies.



MEDICATION

Antidepressant
medication can
help rebalance
brain chemicals.
A GP can advise
on what's right
for you.



LIFESTYLE CHANGES

Regular exercise,
good sleep,
healthy eating
and staying
connected can
improve mood
and wellbeing.



SELF-CARE

Take time for
yourself.
Do things that
help you relax
and recharge.
Small steps
matter.

SUPPORT – BUILD YOUR SUPPORT NETWORK



FAMILY & FRIENDS

Talk to people you trust.
You don't have to go through
this alone.



GP (DOCTOR)

Your GP is there to help.
Make an appointment
to talk.



A&E (EMERGENCY)

If you are in crisis or feel
you cannot keep yourself
safe – go to A&E.
They are there to help.



**REACH OUT. TALK.
SUPPORT IS HERE.**



TEXT TEAMMATE

85258

here for you 24/7

Powered by **shout**



LIFELINE

**0808
808 8000**

24/7 • Free • Confidential



**ONE CLUB. ONE TEAM. ONE COMMUNITY.
STRONGER TOGETHER.**

**LOOK OUT
FOR EACH OTHER.
IT'S OK NOT TO BE OK.**



RESPECT



TEAMWORK



SUPPORT



BELONGING



WELLBEING