Depression

We all go through periods where we feel sad and low, but those feelings tend not to last and are normal reactions to difficulties or problems in everyday life.

If these feelings are persistent and last longer than two weeks and hinder your ability to live, work and have good relationships with others it may be depression.

Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration.

It can be long lasting or recurrent, substantially impairing a person's ability to function at work or school, or cope with daily life. At its most severe, depression can lead to suicide. When mild, depression can be treated without medicines but, when moderate or severe, people may need medication and professional talking treatments. (WHO)

Symptoms

- A low mood that doesn't go away
- Loss of enjoyment and interests in activities
- Tiredness and lack of energy
- Loss of confidence
- Poor self-esteem
- Wishing you were dead
- Difficulties concentrating
- Easily agitated
- Difficulty sleeping
- Lost of interest in food /weight loss
- Over eating /weight gain

A health professional will assess the severity of symptoms you experience to determine whether the depression is diagnosed as mild, moderate or severe.

Getting Help

- It's important you talk about how you are feeling to your GP as soon as possible.
- Your GP will decide on a suitable treatment plan.
- You can also contact local mental health services that may have self-referral systems.
- You can also implement lifestyle changes that may help if you have mild depression.

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Types of help

Talking Therapies. These could include counselling and Cognitive Behaviour Therapy to challenge unhelpful thinking patterns and behaviours.

Medication. Antidepressants are the most prescribed by your GP to boost brain chemicals that affect your mood.

Self Help Strategies. Despite feeling low, act positive, get up, get out and get at it. Focus on small wins each day and this should boost your mood.

Mindfulness. Living in the here and now, paying attention to the present moment and using meditation and breathing. Become aware of your thoughts and feelings.

You can:

- Avoid alcohol or limit intake.
- Be active.
- Try and have a good sleep routine.
- Try to eat a healthy balanced diet.
- Reduce caffeine intake.
- Challenge your thinking.

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Getting Support

Lifeline is 24hr help and counselling service. They can give you immediate support and information on local services.

Lifeline

0808 808 8000

You can:

- See your doctor
- Call the out of hours GP service
- Go to A&E department
- Call emergency services
- Text Teammate to 85258
- Call Samaritans on 116 123
- Don't let things build up; talk to people you love and trust.

"Don't lose hope when the sun goes down, the stars come out"

Take 5 Steps for Wellbeing

The Take 5 Steps for wellbeing are and evidenced based way to promote mental health.

Do something nice for a friend. Smile. Volunteer your time and help your club.

With people around you. Family, friends or teammates. Good connections will help you feel supported.

Don't be afraid to try something new. Take up a hobby and something you enjoy and learn a new skill.

Exercise acts as an anti-depressant. Being active is good for your mental health and physical health.

Be aware of the world around you and how you are feeling. Take a step back, breath and take a time out.

www.tamhi.org