

Information Sheet on Depression

DEPRESSION

What is it?

- Depression is more than simply feeling unhappy or fed up for a few days.
- Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.
- Some people think depression is trivial and not a genuine health condition. They're wrong, depression is a real illness with real symptoms.
- Depression is not a sign of weakness or something you can 'snap out of' by 'pulling yourself together'.
- The good news is that with the right treatment and support, most people with depression can make a full recovery.

The psychological symptoms of depression include:

- continuous low mood or sadness
- feeling hopeless and helpless
- having low self-esteem
- feeling tearful
- feeling guilt-ridden
- feeling irritable and intolerant of others
- having no motivation or interest in things
- finding it difficult to make decisions
- not getting any enjoyment out of life
- feeling anxious or worried
- having suicidal thoughts or thoughts of harming yourself.

