

# DEPRESSION

Sources: World Health Organisation, MHFA England, Mind

## WHAT IS DEPRESSION?

Clinical Depression is not everyday blues or feeling sad; it is a low mood that lasts for at least two weeks and affects a person's behaviour.

Depression is a common but serious illness that has physical, emotional and cognitive effects. Serious depression can interfere with a person's ability to work and their relationships.

Depression can be recurrent, meaning people can experience another episode after recovering.

## SYMPTOMS OF DEPRESSION

- An unusually low mood that doesn't go away
- Loss of enjoyment or interest in activities that used to be enjoyable
- Lack of energy and tiredness
- Loss of confidence/self-esteem
- Feeling guilty when not at fault
- Suicidal thoughts
- Difficulty concentrating/making decisions
- Pessimistic views of the future
- Difficulty sleeping/sleeping too much
- Loss of interest in food or overeating

*If you are experiencing these symptoms and think you might be experiencing depression, book an appointment with your GP.*

## THE FACTS

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**24% of women and 13% of men in England are diagnosed with depression in their lifetime**

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**Depression is the number one leading cause of disability worldwide**

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## RESOURCES FOR DEPRESSION

*Free services*

[Mind](#)

[NHS Depression webpages](#)

[The Charlie Waller Memorial Trust](#)

[Talking Space Plus](#)

[Oxford Mindfulness](#)

[Blurt](#)

[Depression UK](#)

[PANDAS Foundation UK](#)

[Association for Postnatal Illness \(APNI\)](#)

[Samaritans](#)

[SANE](#)

[Togetherall](#)

[Moodtools](#)

*Paid services*

[Beating the Blues](#)