

Depression

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.

Depression is the number one
leading cause of disability
worldwide

Source: World Health Organisation

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.

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](#)