

# Depression



Easy read  
information

# What is depression?



Depression is when you have a low mood that lasts for a long time. It is an illness. Lots of people will at some time in their life feel depressed.



If you are depressed, it is important that you ask for help so that your depression can be treated.

## Signs of depression



You may feel sad or low.



You may feel worried.



You may cry more than usual.



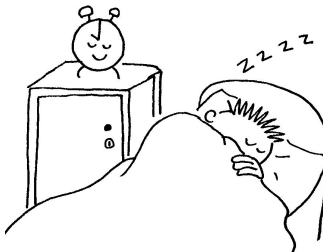
You may feel tired.



You may feel less hungry or more hungry.



You may find it hard to think clearly.



You may sleep a lot or you may find it hard to sleep



You may want to hurt yourself.

# There are many reasons why people may be depressed.



Someone close to them may have died.



They may be being bullied.



They feel very stressed.



They may have a physical illness which gives them a lot of pain in their body.



They may be unhappy at home.

# How can I feel better?



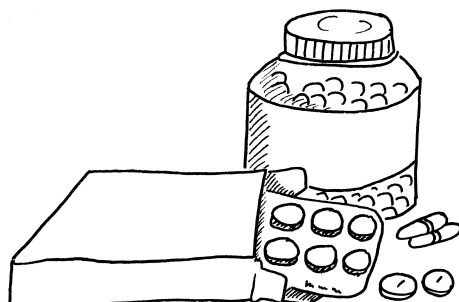
People who feel depressed do get better.



If you feel depressed, ask your doctor for help.



You can talk to someone about your problems. This is called counselling.

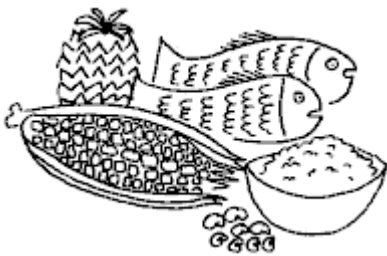


You may be able to take tablets to help your problems. Your doctor will help you decide which tablet is the right one for you.

**There are things you can do to make you feel better:**



You can exercise.

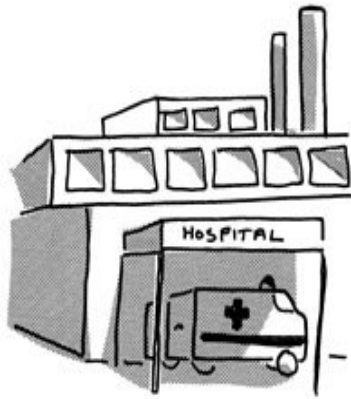


You can eat healthy food.



You can do things you enjoy.





If you are feeling very unwell and are worried that you might hurt yourself, you may need to go into hospital for a while.

There are lots of organisations which can help you. Here are some useful telephone numbers:



MIND

☎ 0845 7660163

📞 [www.mind.org.uk](http://www.mind.org.uk)

The Samaritans

☎ 08457 909090

📞 [www.samaritans.org](http://www.samaritans.org)

NHS Direct

☎ 0845 46 47

Crisis Line

☎ 0800 028 8000

If you would like this leaflet in another language, Braille, large print or audio, contact 020 8772 5532

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