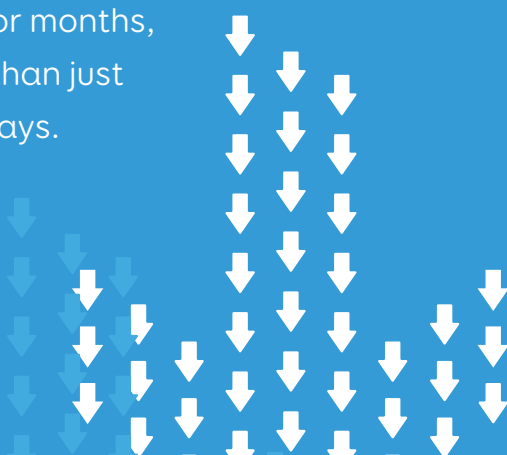


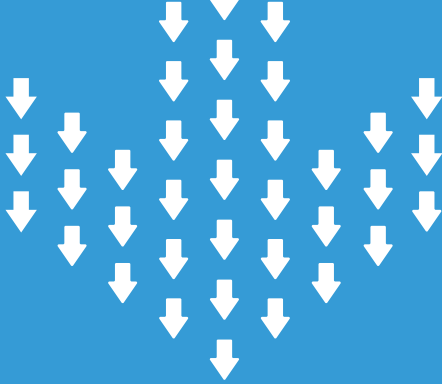
WHAT IS DEPRESSION?



Depression is a low mood which lasts for a long time and can be either mild or severe.

Most people go through times when they feel down but when you're depressed you feel unhappy for weeks or months, rather than just a few days.





Mild depression means you feel constantly low, while severe depression can make you feel that life is no longer worth living.



Signs & symptoms

If you have depression you might feel sad and hopeless, lose interest in the things you used to enjoy and feel tearful. You might also:



**feel
constantly
tired**



**sleep
badly**



**have aches
and pains**



**have no
appetite or
sex drive**



**isolate
yourself**

What causes depression?

Sometimes life events can cause depression such as **bereavement, losing your job or even having a baby.**

People with a family history of depression **are more likely to have depression.** But you can also become depressed for no obvious reason.

Depression is fairly common and affects **all kinds of different people** regardless of gender, race or age.

Treating depression

It is important to see a doctor if you think you may have depression. If it is mild, your doctor may suggest waiting to see whether it improves on its own while continuing to see you regularly. They may also suggest lifestyle changes such **as exercise, giving up smoking, eating healthily or going to self-help groups.**

Some GPs in Bristol offer social prescribing for depression, which involves **access to art, exercise, cooking and other health-related programmes** at a location near you.

Talking therapies, such as **Cognitive Behavioural Therapy**, are often used for depression that isn't improving. You may also be prescribed anti-depressants.

For moderate to severe depression, a combination of talking therapy and antidepressants is often recommended. If you have severe depression, you may be referred to a specialist mental health team.



Local support

Bristol Mental Health

www.bristolmentalhealth.org

Bristol Wellbeing Therapies

0117 982 3209 | <https://iapt-bristol.awp.nhs.uk>

Bristol City Council Mental Health Links

www.bristol.gov.uk/social-care-health/mental-health-services

Samaritans

call 0117 983 1000 or text 07725 90 90 90

Community Access Support Service (CASS)

Works with community, equality and faith groups to improve access to mental health support.

0117 304 1400 | info@cassbristol.org

www.cassbristol.org

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