

Common Symptoms:

Symptoms of depression vary greatly from person to person but may include:

- A feeling of helplessness
- Low energy and motivation
- Becoming easily irritable
- Feeling like a failure
- Thoughts of harming or killing yourself

Take the test

This handy test by the NHS can help you understand how you're feeling. Visit <https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>

Available help:

If you feel you are in danger of hurting yourself or are contemplating suicide please dial 999 and ask for help. Or call the Samaritans free on 116123

If you feel you may be experiencing depression but are not in immediate danger there are options available.

Your first port of call is your GP. From here they can advise the best course of action. They may then suggest one or more of the following:

- Cognitive Behavioural Therapy (CBT). A type of therapy that centres around changing behaviours to alter thoughts and feelings.
- Medication including anti-depressants.
- Individual or group talking therapy.

There is a treatment path for everyone. Also check out our website for self help resources.

Dare to Talk: Our advice

- Confide in family and friends. Support is incredibly helpful.
- The first step in getting help is often the hardest. Be brave.
- The earlier you tackle depression, the easier it is to manage.
- Depression is common and you are not alone.

