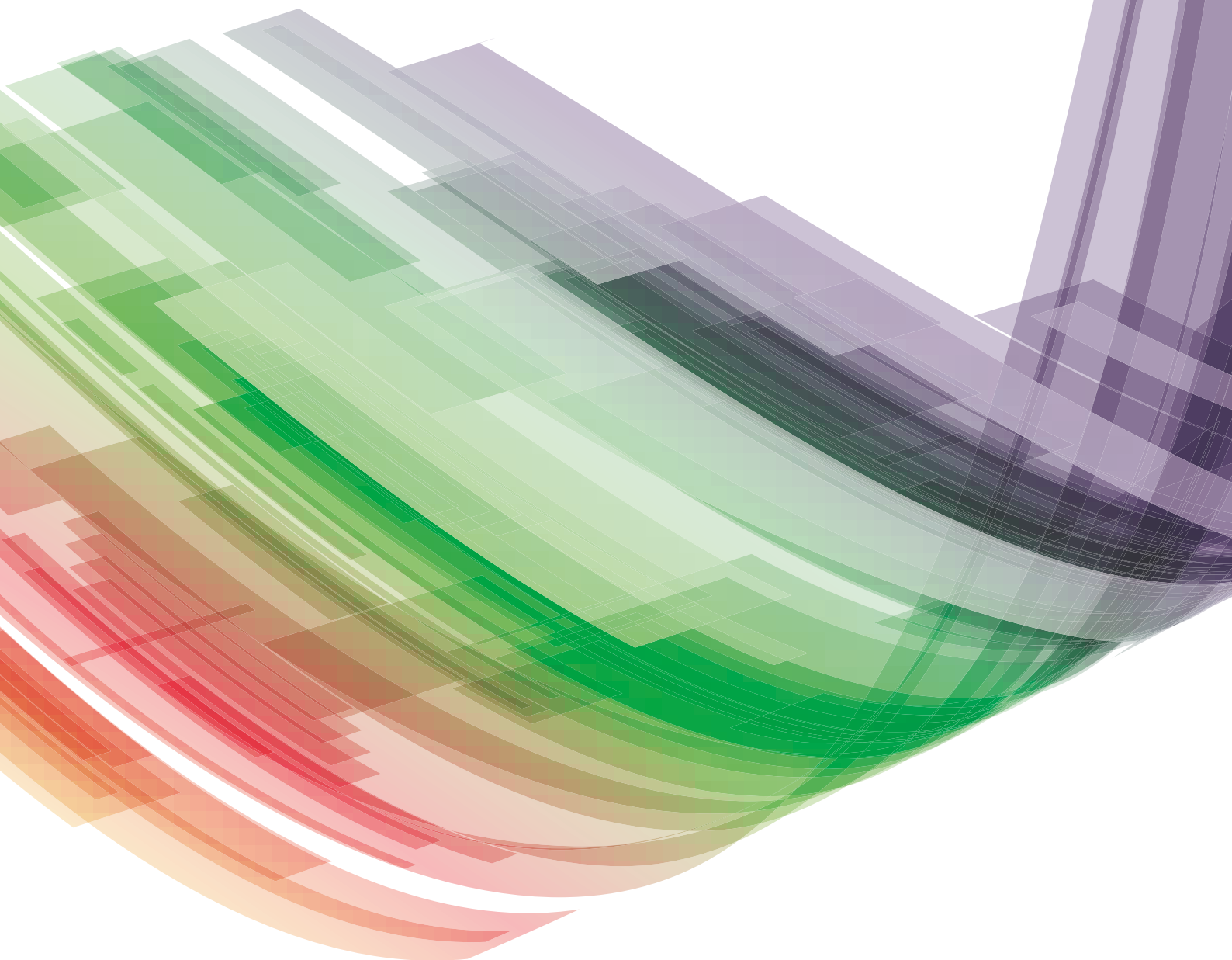




Bedfordshire, Luton
and Milton Keynes
Integrated Care Board

Depression and Low Mood



A self help guide

A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

About this leaflet

- This leaflet is about depression and low mood.
- It will tell you the signs of depression and low mood.
- It will tell you some things that might help you feel better.

What is depression?



Depression is a very common problem. It can happen because of having lots of worries. Some of the things people worry about are money, housing, relationships, losing someone you are close to, or when someone you love dies.

Sometimes, having worries like these gets in the way of your daily life.



In time, most people feel OK again.

But it may be hard to do this without help.

What we know about depression



When life is hard people can get depressed.

People who are depressed think very badly about themselves.



It will help if you can change the way you think about things.

How you think about yourself is very important.

Having gloomy negative thoughts



Everyone has negative thoughts sometimes. This means you think badly about yourself and your life.

People do not usually think about them for very long.



When you are depressed you cannot get them out of your mind.



These are some of the things you might feel if you are depressed

Tick the boxes that are true for you



Emotions or feelings	<input checked="" type="checkbox"/>
Feel sad, guilty, upset or hopeless	<input type="checkbox"/>
Losing interest in things	<input type="checkbox"/>
Crying a lot	<input type="checkbox"/>
Not being able to cry when something sad happens	<input type="checkbox"/>
Feeling you are on your own	<input type="checkbox"/>
Feeling angry and irritable about small things	<input type="checkbox"/>
Physical Signs	<input checked="" type="checkbox"/>
Tiredness	<input type="checkbox"/>
Sleep problems	<input type="checkbox"/>
Feeling worse at a particular time of the day – usually morning	<input type="checkbox"/>
Changes in weight or appetite	<input type="checkbox"/>





Thoughts	<input checked="" type="checkbox"/>
Losing confidence in yourself	
Expecting bad things to happen	
Thinking everything seems hopeless	
Thinking you hate yourself	
Forgetting things and not being able to concentrate	
Thinking of harming yourself Talk to someone about this straight away	



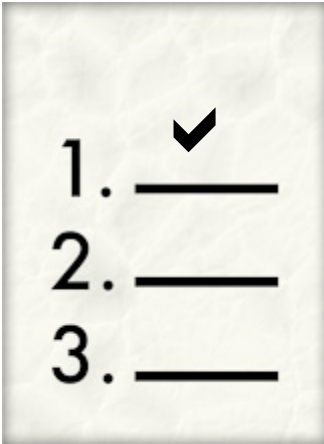
Behaviour	<input checked="" type="checkbox"/>
Find it difficult to make decisions	
Cannot be bothered to do things	
Put off doing things	
Not do things you used to enjoy	
Having sad thoughts	

Sleep problems	<input checked="" type="checkbox"/>
Crying a lot	<input checked="" type="checkbox"/>
Put off doing things	<input checked="" type="checkbox"/>
Hate yourself	<input checked="" type="checkbox"/>
Tiredness	<input checked="" type="checkbox"/>

Lots of ticks means you may be feeling depressed.

How can I help myself?

Here are some things to do:



1. Make a plan of things to do each day

- Start by doing the easiest thing.
- Tick things off the list as you do them.
- At the end of the day you will be able to see what you have done.
- Try to make sure you do something nice every day.



2. Meet with friends, family and neighbours.



3. Join in activities.

4. Take some exercise each day.



5. Do things you enjoy.

Looking at the good as well as the bad



When you start to think badly about yourself, try to think about something good as well.

Further help

We hope you will find this booklet helpful. Using the ideas in the booklet should help you to feel better.

If they don't then you may need more help.



You should speak to someone you trust or your family doctor.

If you have been thinking about harming yourself you should tell someone you trust straight away.

Where can I get help?

These organisations can give you help and advice:



Depression Alliance

Information, support for people who suffer with depression and for relatives who want to help.

www.depressionalliance.org



Mind Infoline

Help, information and support.

Telephone: 0300 123 3393

Email: info@mind.org.uk

www.mind.org.uk

The Samaritans logo features the word "SAMARITANS" in white, uppercase, sans-serif font, centered within a solid green rectangular background.

SAMARITANS

Samaritans

Support for people in a crisis.

Telephone: 116 123

Email: jo@samaritans.org

www.samaritans.org



You can also get help and information from your doctor or nurse.

Easy Read version developed by:

- Skills for People Telephone: 0191 281 8737
Skills for People is a registered charity no. 1069993
- Easy To Read Health Information Group
Cumbria, Northumberland, Tyne and Wear NHS
Foundation Trust



Adapted from Depression and Low Mood - A Self Help Guide written by Dr Lesley Maunder and Lorna Cameron. Developed from an earlier manual by Sheila Sharkey and Kevin Gibson www.cntw.nhs.uk/selfhelp

This booklet has been re-produced under licence with permission from Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust © 2020 www.cntw.nhs.uk