

Depression

Easy read information



What is depression?



Depression is when you have a low mood that lasts for a long time. 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.



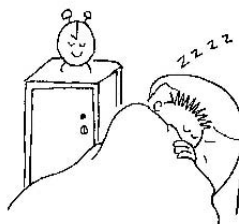
You may feel tired.



You may feel less hungry or hungrier.



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 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?



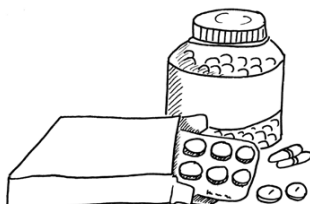
People who feel depressed do get better.



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 the right one for you is.

With thanks to the South West London and St George's
Mental Health NHS Trust for developing and sharing this leaflet.

Images courtesy of CHANGE Picture Bank.

Patient Advice and Liaison Service (PALS)

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: PALS@nsft.nhs.uk
or call PALS Freephone: 0800 279 7257

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