

GETTING TO THE OTHER SIDE OF DEPRESSION

What causes depression?

There isn't any one cause for depression, it is often an interaction of body chemistry, life events and genetic factors and can span from feeling low to severe or clinical depression. Life events, death of a loved one, divorce, illness or a lengthy period of stress can all be a major part for the onset of depression. Changes at work, redundancy, and, retirement can also be contributing factors

When should I consider seeking help?

If you have been feeling low for a couple of weeks and it is starting to affect your life then this may be the time to seek help. Talk to your GP about how you have been feeling recently.

How do I keep up my professional development?

There are many different treatments for depression, one of these being talking therapy or counselling. Your GP may suggest anti-depressants in conjunction with a talking therapy.

Will it help?

It may feel frightening and pointless at the thought of seeing someone just to talk, however once started, most people find it very helpful. It can help you feel clearer about what is happening to you emotionally. It can also be helpful to talk freely with someone you trust who doesn't pass judgment on you and it can help you cope better with your thoughts and feelings. Your GP may also suggest anti-depressants in conjunction with a talking therapy.

Highlights

Some Signs of depression:

- Tiredness and loss of energy
- Loss of appetite or overeating
- Overwhelming feelings of guilt and worthlessness
- Changes in sleep patterns: Broken nights sleep or oversleeping
- Feeling irritable
- Persistent thought of death or suicide

If you feel that your loved one is at imminent risk, talk to them about taking them to their GP or your local hospital, or make contact yourself

Give us a call, we will always find a way to help...

0121 289 3300

Info@lionheart.org.uk
www.lionheart.org.uk/support



@LionHeartRICS



LionHeartCharity



@LionHeart RICS

How quickly does it work?

Simply being able to talk about worries can help people straight away and for others it may take a little more time maybe a few weeks.

What can I do to help myself?

Don't shut yourself away, keep in contact, pick up the phone, a text or email to a friend will keep you connected. Healthy diet and regular exercise, even though you may need to push yourself, can help. Think about what you enjoy, this could be swimming, cycling. Look at joining a group for your chosen activity giving you the opportunity to socialise with others who share your interests. Experiencing the outdoors, going for a walk in the park or the countryside where there is a lot of green can be very beneficial.

How can I support a loved one?

Listening and providing emotional support is key. By speaking about their symptoms and feelings it can help them to understand that their depression requires professional help. Try to help them understand that even though they are suffering from a lot of emotional pain, there is help available, and they are not alone. Maybe share some written information or look online together to help them realise that these symptoms are classical symptoms of depression. This can help them realise that they require professional help. Remember your role is to offer support, not treat the depression as you are not a substitute therapist. By supporting and offering hope your loved one will be better equipped to challenge the road ahead.

Spotting signs of potential suicide in another person

- They share thoughts of taking their life
- Expressing a wish that they were not around/what's the point
- Withdrawn
- Talking about death frequently
- Giving away items that are dear to them
- Talking about wills and their belongings

Give us a call, we will always find a way to help...

0121 289 3300

Info@lionheart.org.uk
www.lionheart.org.uk/support

©LionHeart November 2016



@LionHeartRICS



LionHeartCharity



@LionHeart RICS