

# The figures Known in specialist circles as 'The common cold of psychiatry,' depression is widespread in Britian. As many as 1 in 6 of us will be affected at some point during our lives. And figures may increase in high stress industries like advertising. At any time, 8-12% of your work mates are likely to be suffering from depression. They will need specialist medical help and advice. Because although depression

is common, it doesn't take a day off and some Lemsip to cure it.



The sadness which presents itself in everyday life should not be confused with clinical depression. Sadness is a very normal human reaction to an external happening: your goldfish dies, you feel sad. That's normal. With clinical depression however, feelings become totally out of proportion to the external cause, and persist. In fact, many people who suffer from depression are devoid of any happy or sad feelings whatsoever. Instead, they feel what is often described as 'an emptiness' or 'numbness' which makes them question the point of living

at all.

It's not just about having theblues

Got cancer? Pull yourself together. Sounds odd doesn't it? You wouldn't say it to someone with such a serious illness. But if you suffer from depression, it's a common piece of 'advice'. Depression is an illness just like cancer. Both can afflict absolutely anyone. Both can be fatal. Neither are a figment of the sufferer's imagination. Both are treatable. Neither will disappear if you just ignore them. And neither is cured by a few pints down the pub.



Feelings of hopelessness and pessimism



Irregular sleep





Restlessness



worthlessness guilt, and helplessness



Decreased energy



Persistent, sad, anxious or empty mood





Difficulty making decisions



Thoughts of death or suicide



Appetite and weight change

#### THE WARNING SIGNS.

Learn these signs for your own safety and for the safety of others.

Failure to do so may result in fatality (15% of people who suffer from

depression make an attempt on their lives). If you know someone who

shows four of these symptoms for some weeks take immediate action.

Go to www.cwmt.org.uk to find out more.

Marv Donovan HODD c a ober william Terence a y e Dannv vivian Denver Laurenc Porter Natalie Hepburn Franz Nixon Willia Jackson Pollock Cole wood Williams Ed Woolf Richard Audrev Thomas Virginia Munch Marilyn Monroe Lautrec Tennessee Dylan Patton Sylvia I e V Shel HUGO Lear Michaelangelo liel Manley Hopkins Samuel Johnson Victor Tchaikovski Paddv stav manier Sergey nachmanium Peter Tenarkt inne Brando Richard Brautigan Donald Cammell Bandel Gustav Mahler Sergey Rachmanioff Gűston nmy Boyce Cheyenne Branuo Hichard Brautigan Donatu Cammert Fa el Derris Philo T. Farnsworth Michel Foucault Arshille Gorky Philip Derris Philo I, Farnsworth Michel Foundant Arshille Gory , Hilliam James Primo Levi Ross Lockridge Jack London Winehouse per Eugene Izzi William James Primo Levi Koss Luckriuge Jack London G armen Miranda Vaslov Nijinski Wilfred Owen Walker Percy Sylvia Plath Amy Will Vivian Sexton Diana Spencer vivian Stansnall Gene Lierney Spencer Tracey vivian van Sur Van Berner Robert Young Samuel Becket Clara Bow Truman Capote John Denver Terence Donovan Judy Garlan ert Young Samuel Becket Clara bow Iruman Capore John Denver Lennon Malcolm Lowry Clau largaux Hemingway Audrey Hepburn Franz Katka Danny Kaye John Lennon Malcolm Lowry Clau Manroe Richard M. Nixon Laurence Olivier Eugene O'Neill Wilfred Owen Dorothy Parker Marilyn Monroe Hicnard M. 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Anthony Lukas Salvador Luria Robert Merril Carmen Miranda Vaslov Nijinski Wilfred Owen Wa Rosselli Mark Rothko Mary Sarton Anne Sexton Diana Spencer Vivian Stanshall Gene Tierney Spencer Tracey Vi Rossent Mark Hotnko Mary Sarton Anno Sekton Blance Spectra Donn Capote John Denver Robin Williams Judy Garland Margaux Hemingway Audrey Hepburn Franz Katka Danny Kaye John Lennon Malcolm Lowry Claude Monet Thelonious M Margaux Hemingway Audrey Hepburn Franz Kalka Danny Kaye Jonn Lennon Walcolm Lowry Glaude Monet in Street And Street Monet in Street Bugene O'Neill Wilfred Owen Dorothy Parker George S Patton Sylvia Plath Jackson Pollock I.M. Rixon Laureace Olivier Eugene O'Neill Willred Uwen Dorotny Farker George & Fatton Sylvia Flath Sackson (Solia Single Content of Sector Se Scott Diana Spencer Henri Marie Raymond Toulouse-Lautrec Tennessee Williams Eu Wood Natarie Wood Toulouse-Lautrec Tennessee Williams Eu Wood Natarie Wood Toulouse Lautrec Tennessee William Blake Robert Burns T.S. 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Eliot Manley Hopkins Samuel Johnson Victor Parlier Anton Principal Johnson Victor Aelley Virginia Woolf William Faulkner William Blake Robert Burns T.S. Eliot Manley Hopkins Samuel Jonnson Victor a Vincent Van Gogh Ernest Ludwig Edward Lear Michaelangelo Edvard Munch Hector Berlioz Anton Bruckner Cookies 5 in Vincent Van Gogh Ernest Ludwig Edward Lear Michaelangelo Edvard Munch Hector Berlioz Anton Bruckner avski Diane Arbus Samuel Barber Menachem Begin Tommy Boyce Cheyenne Brando Richard Brautigan Domold



## does help...

# doesn't help...

# cheer up.

and other things to say to a depressive...NOT WHY DON'T YOU TAKE A HOLIDAY? WHY DON'T YOU TAKE A HOLIDAY? PULL YOURSELF TOGETHER. PULL YOURSELF TOGETHER. YOU THINK YOU'VE GOT PROBLEMS. YOU THINK YOU'VE GOT PROBLEMS. OH WELL, THAT'S LIFE. I THOUGHT YOU WERE STRONGER THAN THAT. STOP FEELING SORRY FOR YOURSELF. WHAT HAVE YOU GOT TO BE DEPRESSED ABOUT? DON'T WORRY, IT MIGHT NEVER HAPPEN. AREN'T YOU TIRED OF ALL THIS ME ME ME STUFF?



If you think someone's suffering from depression, talk to them. Get them to contact a doctor. If they won't, use foresight and phone one of the numbers overleaf for them. Because we all have perfect hindsight but by then it's too late.

### Silence gets you nowhere. Start talking.

Adults

www.studentsagainstdepression.org

www.cwmt.org.uk



#### Sources of help...

#### Samaritans

Young Minds parents' helpline 0808 802 5544

Papyrus Hope Line 0800 068 4141 or text 07786 209697

Maytree 0207 263 7070

studentsagainstdepression.org

babcp.com

NHS 111

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The Charlie Waller Memorial Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression.

Our vision is of a world where people Understand and talk openly about depression, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it.

Contact us: The Charlie Waller Memorial Trust 32 High Street, Thatcham, Berkshire, RG19 3JD Tel 01635 869754, email admir@cwmt.org www.cwmt.org.uk

Registered Charity No. 1109984

