



DEPRESSION
FANCY
A CHAT?



The figures

Known in specialist circles as 'The common cold of psychiatry,' depression is widespread in Britain. 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
the blues



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



Feelings of worthlessness, guilt, and helplessness



Changes in mood



Difficulty making decisions



Irregular sleep



Decreased energy



Thoughts of death or suicide



Appetite and weight change



Tearfulness



Persistent, sad, anxious or empty mood



Restlessness



Insomnia

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.

Depression can be treated medically.
Different medications work for
different people, but pills aren't the only answer.
Diet and exercise can be a massive help.
Talking therapies can also be a very
successful way to alleviate the symptoms
of depression.

The simple act of talking.





**does
help...**



**doesn't
help...**



cheer up!

**and other things to say
to a depressive...NOT**



WHY DON'T YOU TAKE A HOLIDAY?
PULL YOURSELF TOGETHER.

A COUPLE OF DRINKS WILL SORT YOU OUT.
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?



ACT NOW

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.

www.studentsagainstdepression.org

www.cwmt.org.uk



Sources of help...

Samaritans

116 123

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



Raising awareness fighting depression

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 admin@cwmt.org
www.cwmt.org.uk

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