

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





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



Restlessness

9

Insomnia

Persistent, sad,

anxious or empty mood

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.

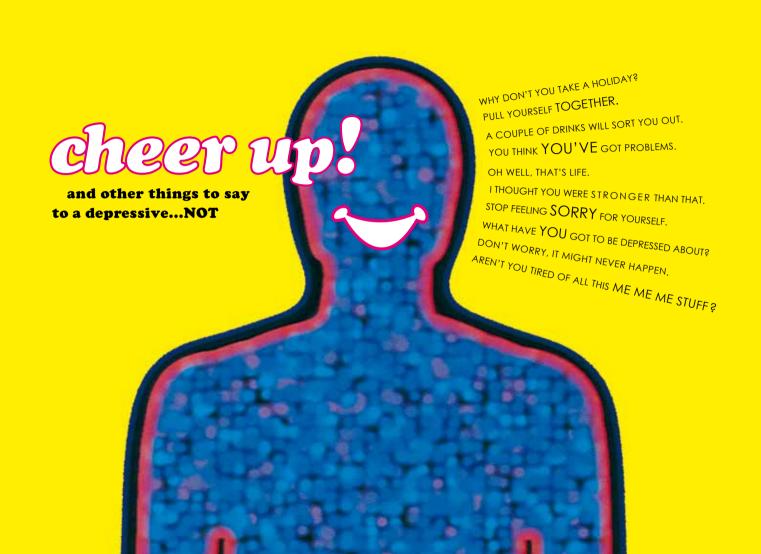
Go to www.cwmt.org.uk to find out more.

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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.





## 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







## (WM) 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

Registered Charity No. 1109984

