

## Help and support



Your doctor: .....

Telephone number:  
.....

Your psychiatrist: .....

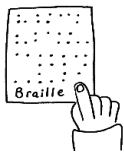
Telephone number: .....

Your community nurse: .....

Telephone number: .....

Other professionals involved:.....

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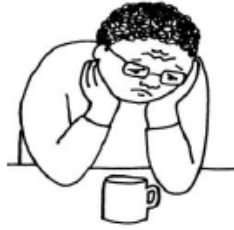
## Depression



**Mental health and learning disabilities**

## What is depression?

Depression is a type of mental illness.



## What can happen in depression?

- Feeling low
- Less interested in activities
- Feeling tired all the time
- Eating too much or too little
- Losing weight
- Difficulty in sleeping
- Waking up too early in the morning
- Crying without reason
- Feeling restless
- Feeling irritable
- Feeling guilty without any reason
- Feeling that life is not worth living



## What causes depression?

Sometimes people can become depressed after losing someone they love.



You are more likely to have depression if a member from your family has depression.

Sometimes it may be difficult to know why you have depression.

If you want to know more about it, you can speak to your psychiatrist or community nurse.

## How is depression treated?

Talking to your carers, your doctor or nurse.

Doing some exercises can help you feel better.

Participating in activities that you like.

Medications known as antidepressants can help.

Sometimes people have talking therapies from a trained counsellor or psy-

