

ways of dealing with

NOISSION DDEPPESSION



breathe.

We're here to help.

what is depression/low mood?

Depression is a common mental disorder that causes people to experience depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. Depression is different from feeling down or sad. Unhappiness is something which everyone feels at one time or another, usually due to a particular cause. A person experiencing depression will experience intense emotions of anxiety, hopelessness, negativity and helplessness, and the feelings stay with them instead of going away.

(Mental Health Foundation, 2018)

This guide will help you recognise signs & symptoms of depression & give advice on how these can be managed & overcome.

what are the symptoms of depression?

behaviour changes

self-harm

restlessness

putting things off

avoiding being around people, including friends or family

difficulty functioning at work/class

difficulty concentrating

loss of confidence/self-esteem

difficulty making decisions

feelings & emotions

feeling numb

feeling alone, even in company

feeling guilty or anxious

worthlessness

angry or irritable at even small things

feeling sad or upset

loss of interest or pleasure in things you used to enjoy

feeling tearful or unable to cry at sad or upsetting things

physical feelings

sleeping problems

changes in appetite/weight

aches & pains

tiredness, lack of energy

sexual problems

what can cause

depression?

Depression can happen suddenly as a result of physical illness, experiences dating back to childhood, unemployment, bereavement, family problems or other life-changing events. Sometimes, there may be no clear reason for your depression but, whatever the original cause, identifying what may affect how you feel and the things that are likely to trigger depression is an important first step.

There are several different types of depression so it's important to first of all identify which type before starting any sort of treatment. Below are some common types of depression.

Mild depression

This type of depression is often described as having a limited impact on your daily life. For example, you may have difficulty concentrating or finding motivation, or may not enjoy things as you used to.

Major depression

Major depression interferes with an individual's daily life - eating, sleeping and other daily activities. Some people may experience only one episode but it is common to experience several episodes in a lifetime. Sometimes it can lead to hospital admission, if the person is so unwell they are at risk of harm to themselves.

Bi-polar disorder

Previously known as manic depression. Bi-polar disorder is identified by extreme mood swings - from highs, where the individual feels extremely elated and indestructible, to lows, where they may experience complete despair, lethargy and suicidal feelings. Sometimes people have very severe symptoms where they cannot make sense of their world and do things that seem odd or illogical.

Seasonal Affective Disorder (SAD)

SAD is associated with the start of winter and can last until spring when longer days bring more daylight. When it is mild, it is sometimes called 'winter blues'. SAD can make the sufferer feel anxious, stressed and depressed. It may interfere with their moods and with their sleeping and eating patterns.

how to manage depression

There are several treatments for depression/low mood, often your GP will advise talking therapies such as counselling, Cognitive Behavioural Therapy (CBT) or psychotherapy. Your GP may also recommend antidepressant medication, often in conjunction with talking therapy.

There are many self-help resources for depression online which offer advice & tips on coping with depression, as well as advice on recovery. There are several things you can do to help yourself feel better.



Physical exercise

this is hugely important for people suffering from depression/low mood. Exercise will increase your sense of wellbeing, as well as getting you fit. It also has the added bonus of tiring you out so you sleep better.

Plan your day

often people with depression/low mood don't want to do anything or avoid activities. If you make a list of things you want to achieve during the day, nothing too major, you can then tick it off at the end of the day. Remember to include things you enjoy, not just everyday tasks.



Talk to someone



Keeping things to yourself is never helpful so having a chat with a family member or a friend can make all the difference to how you're feeling. Sharing your feelings with someone you trust can very often help you make sense of them, as well as allowing you to get them out in the open.



Make time for you

This can be anything from having a hot bubble bath to picking up a hobby that you had lost interest in. As long as you are focusing on YOU & doing something which makes you feel better, that's what is important. Self-care isn't selfish, it's necessary.

If you feel depressed or low in mood, help & support is available, you don't need to struggle alone.

Abertay SA Advice

Come in & talk in confidence to Elaine the SA Advice Coordinator. You can contact her via email:

saadvice@abertay.ac.uk

phone: 01382 308513

or on Facebook & Twitter:
[@AbertayAdvice](https://www.facebook.com/AbertayAdvice).

Abertay University

You can access the university Counselling service or Mental Health Adviser either via SEZ or email
counselling@abertay.ac.uk

Your GP

Contact your own GP who can refer you to local services that can provide support.

Online resources

Moodjuice www.moodjuice.scot.nhs.uk

Breathing Space www.breathingspace.scot

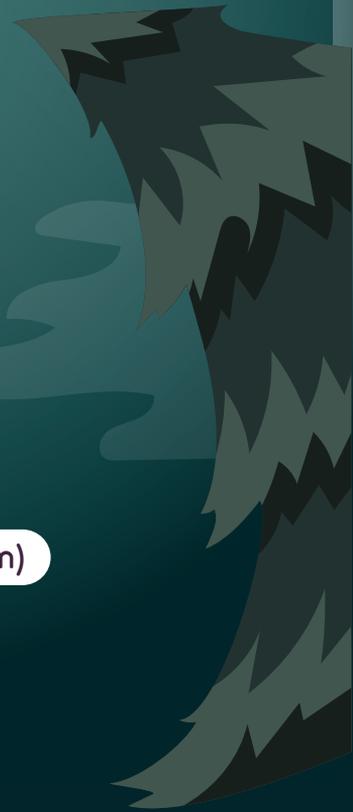
Students Against Depression www.studentsagainstdepression.org

Helplines

The Samaritans [01382 832555](tel:01382832555)

Breathing Space [0800 83 85 87](tel:0800838587)

Nightline Dundee [01382 381 183 \(8pm-8am\)](tel:01382381183)



Don't be
afraid to ask
for help

that's why
we're here :)

feel free to get in touch, or go to our website to find out
more information about the services we offer



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