

DEPRESSION



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WHAT IS DEPRESSION?

Depression affects around 10% of the UK population and is one of the most common mental health illnesses. It can range from mild to severe and is more than just being a bit sad as it affects your day to day life.

WHAT ARE THE SYMPTOMS?

Symptoms vary from person to person and can either be psychological (in your head) or physical (to do with your body). Psychological symptoms can include being tearful, showing little interest in things, feeling hopeless and feeling low in mood all the time. Physical symptoms involve sleeping more or less than normal, eating more or less than normal, having a lack of energy and feeling aches and pains such as headaches. But please note that this is not an exhaustive list and everyone's experience can be different.

WHAT ARE THE CAUSES?

Like the symptoms, causes of depression can vary depending on the person. It can be for several reasons from perhaps something that happened in childhood to a life event such as losing a job, having a breakdown of a relationship or experiencing bereavement. There are also risk factors that increase the chance of depression that include substance misuse, chronic pain and experiencing other mental health problems.

WHAT TREATMENTS ARE THERE?

The good news is that there's lots of treatment options out there. Simple changes can involve getting more sleep, eating healthier and becoming more active. There is plenty of self help through books and apps and if needed, there are talking therapies available through the NHS or privately that can also help. If the depression is moderate to severe, a doctor will also look at medication options as well.