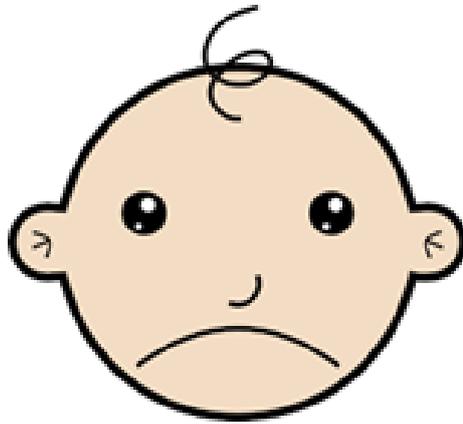


# Depression

What it is and what you can do about it



People often say that they are depressed when they feel sad or unhappy.



This can go away and only lasts a short time.

**Sometimes you can feel sad for a long time though and this is depression.**



It is a lot more common than people think and many will suffer from depression.

**Am I depressed? Tick the boxes if you feel this way...**

Do you feel restless and agitated?



Do you have trouble sleeping or feel tired a lot of the time?



Are you not eating enough or eating too much?



Are you crying a lot?



Do you have physical pain with no reason?



Are you angry for no reason?



Do you have problems concentrating and making decisions?



Have you stopped enjoying the things you normally enjoy?



Have you lost your confidence?



Do you have negative thoughts?



Do you feel you don't want to see anyone?



**Show the boxes you ticked to somebody you trust like your support worker or parent.**

# Why am I depressed?

Sometimes there is a reason and sometimes there isn't.

Someone close to you may have died, there may be stress in your life, you may be ill, something bad might have happened to you in your past.

But sometimes we can feel depressed and there is no reason.

# What can I do?

Get some exercise:

- walk the dog



- go for a swim



- go to the gym



# Do your favourite activity:

. listen to music



. watch a film



. see friends



. play on the computer



# Talk to someone



Tell friends and family that things are getting to be too much, and let them know how they can help you. Talk to a doctor for professional help.



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