

# DEPRESSION

## WHAT IS DEPRESSION?

Often people may say they are feeling depressed, but if you have depression you are not 'just' sad or upset; instead you are probably feeling hopeless and that life is not what it used to be. If you are experiencing such feelings, it is important to know that depression can affect anyone. Being depressed does not mean that there is something wrong with you, but it may mean you need some help. If nothing is done to try and tackle your depression you may find yourself constantly trapped in negative thoughts and that's why we are here to offer help.

*I don't remember what happiness feels like anymore*

## DEPRESSION OR JUST ANOTHER BAD DAY?

As a general rule, if you experience four or more of these symptoms for most of the day, every day for more than two weeks, then you may be depressed:

- Feeling sad or tearful
- Low energy
- Feeling tired or exhausted
- Difficulty concentrating
- Increase or decrease in appetite
- Loss of self-confidence and self-esteem
- Wanting to withdraw from the world
- Feelings of helplessness and hopelessness
- Loss of interest in things that are normally fun or enjoyable
- Thinking about suicide and death
- Thoughts about self harm

*If this was the last day of my life I wouldn't care*

## CAUSES

Depression can be brought on by lots of things, including:

- Physical illness
- Experiences dating back to childhood
- Unemployment
- Bereavement
- Family problems
- Other life-changing events

However, sometimes depression can creep up on you and it can be hard to know why you feel this way or where it all began.


## WE CAN HELP YOU OVERCOME DEPRESSION


Sometimes the first and most difficult step towards getting help is recognising you are actually feeling depressed. Whatever the original cause of your depression, identifying how you feel and noticing when things trigger your depression are important first steps towards getting better. This is what we can help you with by providing the right help and support to aid you along the journey to recovery.

*I'm tired of being me*

## HOW DO YOU CONTACT US?

 [www.talkofftherecord.org](http://www.talkofftherecord.org)

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TALK TO US

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