



# DEPRESSION

## *Sutton*

### What is depression?

If you are affected by depression, you are not just sad or upset. Depression is a serious illness where you may have intense feeling of persistent sadness, helplessness and hopelessness. You may find that you no longer enjoy the things that you used to enjoy. These feelings are severe enough to interfere with your daily life, and can last for weeks or months rather than days. There are many symptoms of depression that can be physical, psychological and social (see box).

Depression is a common problem; about 15% of people will have a major bout of depression at some point in their lives. Mild depression does not stop you from leading a normal life, but at its most severe depression can be life threatening with thoughts of death and suicide.

### What are the treatments for depression?

Treatment for depression can involve different approaches, and often people find that a combination of treatments work best. The treatment of depression will depend on the severity of the depression, and whether it is a first or recurrent episode.

There are some life-style changes that can help reduce your symptoms, such as taking regular exercise, keeping active and doing things you enjoy, maintaining a healthy diet and sleep pattern. Your GP will be able to advise you, and you can find out more information on some of the websites and books listed overleaf.

Your GP may discuss the use of antidepressants and may refer you to the Psychological Therapies in Primary Care service (PTiPC) in Sutton. This service provides guided self-help, group therapy and some individual Cognitive Behaviour Therapy (CBT) or Interpersonal Therapy (IPT). You can find out more information about talking therapies in the websites and books listed overleaf.

If you continue to be depressed after trying medication or going to the PTiPC, your GP may refer you to the Community Mental Health Team (CMHT). The CMHT provides specialist mental health services and will provide a care package which may include medication management, psychological therapy and social support. The CMHT may refer you to other services within the Trust that specialise in particular therapies.

### Symptoms of depression

When depressed you may experience some of the following symptoms:

#### Psychological Symptoms

- Feeling continuously low or sad
- Feeling hopeless and helpless
- Feeling tearful or crying easily
- Feeling guilty
- Feeling irritable or annoyed
- Feeling worried or anxious
- Feeling like you can't be bothered
- Not being interested in things or enjoying them anymore
- Thinking about killing yourself
- Experiencing disturbed sleep

#### Physical Symptoms

- Being slowed down in moving and speaking;
- Eating more or less and putting on or losing weight
- Being constipated
- Having aches and pains that
- Losing interest in sex and experiencing changes in the menstrual cycle
- Feeling tired and finding it hard to concentrate
- Feeling agitated or restless

#### Social symptoms:

- Not performing well at work;
- Not taking part in social events and avoiding friends;

*A diagnosis should only be made by a health professional.*



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### Useful sources of information and support

There is a lot of information about mental health available on the Internet and in books. Occasionally these are not from reliable sources and may provide mis-information. While service users and mental health professionals have recommended these websites, books and services, we cannot guarantee their quality nor can we take responsibility for the impact that the resources and services will have on you. The websites and books listed here are not an exhaustive list.

### Websites

- [www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/depression/depression.aspx](http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/depression/depression.aspx)
- [www.mind.org.uk/Information/Factsheets/](http://www.mind.org.uk/Information/Factsheets/)
- [www.depression.org.uk/index.php](http://www.depression.org.uk/index.php)
- [www.patient.co.uk/showdoc/23068720/](http://www.patient.co.uk/showdoc/23068720/)
- [www.nhsdirect.nhs.uk/articles/article.aspx?articleId=127](http://www.nhsdirect.nhs.uk/articles/article.aspx?articleId=127)
- [www.rcpsych.ac.uk/mentalhealthinformation/therapies/cognitivebehaviouraltherapy.aspx](http://www.rcpsych.ac.uk/mentalhealthinformation/therapies/cognitivebehaviouraltherapy.aspx)

### Books

- A Self Help Guide to Managing Depression by P.J. Barker ISBN: 0748733647
- Feeling Good: The New Mood Therapy by D. Burns ISBN: 0380810336
- Overcoming Depression: A Self-Help Guide Using Cognitive Behavioural Techniques by P. Gilbert ISBN: 1841191256
- The Depression Workbook: A Guide for Living With Depression And Manic Depression by M.E. Copeland and M. McKay ISBN: 157224268X

**Local non-NHS services** Your GP will also be able to advise you of local services and how to contact them.

<p><b>Sutton Counselling Service</b> Sutton Counselling aims to offer affordable long term and brief psychodynamic counselling to adults (18+) in Sutton.</p> <p><b>Address</b> 21a Cheam Road, Sutton, SM1 1SN <b>Telephone</b> 020 8661 7869 <b>Email</b> <a href="mailto:suttoncounselling@btinternet.com">suttoncounselling@btinternet.com</a></p>	<p><b>Open Door Counselling</b> Open Door Counselling offers Psychodynamic therapy for young people and adults. For more information and to access the service, please call.</p> <p><b>Address</b> 1 Grove Cottage Grove Park High Street, Carshalton, SM53BB <b>Telephone</b> 020 8770 4388 <b>Email</b> <a href="mailto:karen-opendoor@fsmail.net">karen-opendoor@fsmail.net</a></p>
<p><b>Private Therapy</b> If you are interested in seeking private therapy it is recommended that you find a therapist through one of these professional bodies:</p> <p><b>British Association for Behavioural and Cognitive Psychotherapies</b> <a href="http://www.babcp.com">www.babcp.com</a></p> <p><b>British Association for Counselling and Psychotherapy</b> <a href="http://www.bacp.co.uk/seeking_therapist/index.html">www.bacp.co.uk/seeking_therapist/index.html</a></p> <p><b>British Psychological Society</b> <a href="http://www.bps.org.uk/e-services/find-a-psychologist/psychoindex.cfm">www.bps.org.uk/e-services/find-a-psychologist/psychoindex.cfm</a></p>	<p><b>Depression Alliance</b> Depression Alliance website has useful information and can help you locate your nearest self-help and support group. The self-help groups enable people affected by depression to share experiences and coping strategies with others in similar situations. For more information, please go to the website</p> <p><b>Email</b> <a href="mailto:information@depressionalliance.org">information@depressionalliance.org</a></p>
<p><b>Other Useful Numbers</b>  <b>SaneLine:</b> 0845 767 8000 (Monday- Sunday 1-11pm)  <b>Samaritans:</b> 08457 90 90 90 (everyday, 24 hours)  <b>NHS Direct:</b> 0845 46467 (every day, 24 hours)  <b>Mental Health Helpline:</b> 0500 639 000</p> <p>There are other voluntary services in Sutton that may be useful but not directly linked to depression, please ask your GP for more information.</p>	