

### Living with depression

Depression is more than simply feeling unhappy or fed up for a few days. We all go through spells of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.

Depression affects people in different ways and can cause a wide variety of symptoms. It's important to seek help from your GP if you think you may be depressed. Many people wait a long time before seeking help for depression, but it's best not to delay. The sooner you see a doctor, the sooner you can be on the way to recovery.

Many people with depression benefit by making lifestyle changes such as getting more exercise, cutting down on alcohol, stopping smoking and eating more healthily. Also Self-help techniques can include activities such as meditation, breathing exercises and learning ways to think about problems differently.

On this leaflet are also other ways in which can help you with depression. Such as suggested books to read and helpful phone numbers which you can use.

### Talking about your problems can really help

Time to talk is an organization in the borough of Greenwich which offers psychological treatments based on cognitive behavioural psychotherapy (CBT) and counselling. It also offers guided self-help and talking therapy to help you cope with your symptoms of depression.

You can self-refer by completing a Referral form online by visiting:  
**www.oxleas.nhs.uk/gttt**

Or you can call directly to discuss your referral on:

**0203 260 1100**

### Statistics

More than two million people in the UK suffer from depression each year.

Depression is quite common and affects around one in 10 people at some point.

Depression isn't just for adults; it can also strike children and teenagers. Studies have shown that about 4% of children aged five to 16 in the UK are depressed.

### Useful numbers and websites

<http://livewellgreenwich.org.uk/greenwich-time-to-talk-gttt/>

Tel: 0800 470 4837

<https://www.mind.org.uk/> - Tel – 0300 123 3393 Text - 86463

<https://www.cruse.org.uk/> -(bereavement care -080 808 1677)

<https://www.relate.org.uk/> - (relationship support for everyone 0330 100 1234)

<https://www.samaritans.org/> telephone - 116 123

[www.patient.co.uk](http://www.patient.co.uk)

### Helpful Reading

**Overcoming depression** by Paul Gilbert

**Overcoming anxiety** by Helen Kennerley

**Overcoming low self-esteem** by Melanie Fennell

**Overcoming panic and agoraphobia** by Derrick Silove

**Mind over mood** by Greenberger and Padesky



### Other treatments

Treatment usually involves counselling or psychotherapy, and sometimes anti-depressant medicines. Anti-depressant medicines usually involve taking serotonin inhibitors which is the hormone that is associated with depression. One type of anti-depressants is called SSRI's. For more information on this visit:

**<http://patient.info/health/ssri-antidepressants>**

You can also speak to your GP on regards to your depression and the best treatment for you.