



Depression



Depression is when a person has a low mood that lasts for a long time and it affects their daily life.



People may feel:

- sad
- worried
- anxious
- **irritable** (this means easily angered)
- guilty
- tired and unable to sleep

Depression will affect **15-20%** of people at some point in their lives.



They may have:

- suicidal thoughts
- slow movements or speech
- **reduced appetite**, this mean you dont eat as much as you used to
- reduced sex drive

Depression can last weeks or years if not treated.

It can seriously affect a person's day- to-day life.



Depression may be related other mental illnesses including:

- Generalised Anxiety Disorder
- Postnatal depression
- Bipolar Disorder
- Seasonal Affective Disorder



Treatment

People who feel depressed can get better. They can do this with:

- talking therapies
- medication

