

Further help

Psychological Wellbeing Service

If you are registered with a GP in Peterborough, Cambridgeshire, Wansford or Oundle, you can access the Psychological Wellbeing Service via self-referral or through your GP. Call **0300 300 0055**. Lines are open from 9am to 5pm, Monday to Friday, excluding Bank Holidays. It offers a range of support to help you make changes in your life to improve your wellbeing and to help you cope with stress, anxiety and depression. This includes self-help reading materials, guided self-help (both over the telephone and face-to-face), one-to-one therapies.

First Response Service

If you or a loved one is in mental health crisis, you can call our 24-hour First Response Service on **111 (option 2)**. This service is for anyone, of any age, living in Cambridgeshire and Peterborough. Specially-trained mental health staff will speak to you and discuss with you your mental health care needs.

The Samaritans

Dial 116 123 (24 hours a day, 7 days a week - free from any phone)

SANE

0300 304 7000 (lines open 6pm – 11pm, 365 days a year)

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Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT's services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail pals@cpft.nhs.uk

Out-of-hours' service for CPFT service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.
T 01223 219400
F 01480 398501

www.cpft.nhs.uk



Insight into depression

May 2018



Pride in our care

A member of Cambridge University Health Partners

What causes depression?

Depression is a common condition. It can occur at any age. A single cause has not been identified and causes differ from person to person. Depression can be triggered by stressful life events, childhood experiences, loneliness, excessive alcohol or drug use, physical illness and poor diet. However in some people there is no obvious trigger.

Many people use the word "depression" to describe feelings of sadness or loss that affect us all from time to time. These feelings often pass within a few hours or days when people carry on as usual. The illness that a doctor calls depression is different. Your feelings are more intense and continue for longer. It is common to lose interest in things that you enjoyed. For some people every day life becomes difficult. The good news is that with support the majority of people recover from depression.

What are the signs?

Depression affects people in many ways both emotionally and physically. Some people experience mild depression. At its most severe, depression can be life threatening.

Common symptoms are:

- Disturbed sleep and tiredness
- Changes to appetite and weight
- Lack of energy or motivation

"Everyday life seemed like such hard work. I simply didn't have the energy to go to work, to see friends, to shop or cook or clean. It all seemed pointless".

"My partner's depression was affecting the whole family yet there seemed to be no support for the children and me".

- Feeling tearful, low, despairing or guilty
- Avoiding intimacy with family and friends
- Loss of confidence and self esteem
- Thoughts of self harm and suicide

Not everyone has all these symptoms. If you experience some for more than a short period of time you may find that support from others is helpful.

What next?

A range of support is available. Different resources may help you.

Self-help

Whether or not you are receiving medical treatment there are ways you can help yourself. People find it helpful to:

- Challenge negative thoughts and concentrate on good things in life
- Avoid smoking, drinking or using illegal drugs
- Eat healthily and exercise
- Talk to other people; this may help put things in perspective. If you feel you cannot confide in those close to you call a confidential helpline or attend a self-help group.

Talking or psychological therapies

Talking and psychological therapies involve talking and listening. Therapists are trained to listen and help you find your own answers without judging you. Some aim to find and deal with the cause of your depression; some help change behaviour or negative thoughts; others provide support. You can ask your doctor for talking therapies regardless of medication or other treatments.

Complementary or alternative therapies

The terms complementary and alternative therapies cover a range of treatments - some of which may provide benefits in treating mild or moderate depression. Therapies include herbal remedies, yoga, homeopathy, reflexology, acupuncture and aromatherapy. It is important you discuss complementary treatments with your doctor and let him or her know if you are using any and the results.

Medication

Anti-depressant drugs are the most common medication treatment for depression. They help alleviate symptoms so that underlying causes can be addressed. There are many different types and people respond differently. Like all medicines anti-depressants may cause unwanted side effects. Your doctor or pharmacist can discuss this with you.