

Depression

Same day appointments

Monday to Friday

Access through **iPoint**

Workshops and support groups

See website for details

hud.ac.uk/wellbeing-disability-services

Everyone feels sad or upset sometimes. Those feelings are a natural response to difficult experiences and will pass.

If you are affected by depression, the feelings of sadness persist. The fact that the sufferer cannot 'snap out of it' adds to the hopelessness and guilt.

This booklet is designed to give you more information about depression and where you can find support.



Wellbeing and Disability Services
Level 4
Student Central
Email. studentwellbeing@hud.ac.uk
Tel. 01484 471001

Depression is a common illness that affects 1 in 5 people during their lifetime. The vast majority of those people make a full recovery after treatment.

What does it feel like?

- Feelings of guilt or worthlessness.
- Loss of concentration.
- Unable to concentrate.
- Suicidal thoughts.
- Insomnia or excessively tired.
- Changed appetite.
- Lack of energy.
- Feel numb, empty.

What causes depression?

There is no one cause and sometimes the cause is not obvious.

Some of the factors can be:

- Suppressed anger.
- Self expectations.
- Life events (eg bereavement)
- Changes in hormonal balance.
- Childhood event.
- Feelings of isolation.
- Physical (eg. illness, drug abuse).
- Family trait.

What can you do?

Try to break the cycle. Instead of thinking about your problems find things to do that help you to forget yourself for a while. Try to be active (sport, dancing) or creative (making things) so you are less concerned with your thoughts. Look after yourself, eat your favourite foods. Change your environment. Take a break from your usual routine.

Try to recognise your negative thoughts and to replace them with a more constructive activity. The depression is more likely to continue if you stop yourself expressing your feelings and cut yourself off.

If you ask for help, either from a trusted friend, a counsellor or an adviser, they can listen and help you to think things through.

There are a wide range of treatments for depression, but for many a combination of counselling and antidepressants is most effective.

A GP can help you find an anti-depressant that suits you. They are not addictive, and while they don't take away the cause of the depression, they can lift it so you can start dealing with it. The drugs do take time to take effect and can have side-effects but there are many to choose from and your GP will help you find one that's right for you.

Counselling involves talking with someone who is trained in listening and who will show you empathy and acceptance.

The counsellor will help you to explore your feelings and to reach a better understanding. They will not tell you what to do but will help you to find your own solutions to your problems.

You can also access the Mind Your Head support group or any of the wellbeing workshops - see overleaf for details.

Other Useful Contacts:

Wellbeing Advisers

Email: studentwellbeing@hud.ac.uk

Counselling Service

Tel: 01484 471001

Email: counselling@hud.ac.uk

Samaritans

Tel: 116 123 (Freephone)

Other useful links

www.mind.org.uk

www.depressionalliance.org

