Where there's depression, there's hope

MindEd for Families
online advice and support you can trust
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Depression

Depression is when you feel low or sad all the time.

Often it can get better by itself without any treatment.

You can help by:

- Being more active

- Eating a healthy diet

- Drinking less alcohol

- Taking part in social activities or volunteering

It is sometimes hard to know when you should go and see the doctor about your depression.
When to get help

If you are wondering whether to see your doctor you could think about:

- How bad is your depression? Is it stopping you from doing things?

- How long has your depression been going on?

- Is the depression affecting your physical health?

- Are you having thoughts about suicide?
Treatments for depression

There are 2 main types of treatment:

- Medication

- Talking treatment

There is also electric shock treatment for the more serious cases, on some occasions.
Medication

Your doctor may suggest that you take a type of medication called an antidepressant.

Antidepressants boost the levels of certain chemicals in the brain.

They can take a few weeks to work.

Some antidepressants can cause anxiety or poor sleep at first.

You should talk to your doctor if you get any of these problems.
Medication suits some people because it is easier to take than other treatments.

People can get problems when they stop taking the antidepressants.

Some people get:
- Feelings of nervousness
- Headaches
- Bad dreams
Talking therapies

Talking therapies are when you meet up with a counsellor, psychologist or psychotherapist to talk about your problems.

The meetings may be:

- One-to-one or
- In a group

You may go to many meetings before you are better.
There are different types of talking therapy:

- **Cognitive behavioural therapy (CBT)** is a type of talking treatment. It helps you to understand how to deal with bad thoughts and have good thoughts instead.

- **Interpersonal therapy** looks at problems with your relationships.

- **Mindfulness based cognitive therapy (MBCT)**. This helps you to stand back from negative thoughts rather than struggling with them.

- **Counselling** is about listening and giving advice. It is not really suitable for serious depression.
There are no physical side effects with talking treatments, but they do take up a lot of time.

Talking treatments can be very good at helping with depression.

Electric shock therapy (ECT)
ECT is an important treatment for a small number of people with depression.

Soft pads are placed on the patient’s head and a small electric current is passed through the brain.

You will be asleep and not aware that this is happening.
It is used for people who have depression so bad that:

- They have stopped eating or drinking
- They are likely to take their own life
- Other treatments have not worked

ECT can affect your memory.

ECT works much more quickly than other treatments.
Where to get help

For less serious depression you can get talking therapy by contacting:

Your local NHS Improving Access to Psychological Therapies (IAPT) service

You can search for them at:

www.nhs.uk

Many people are happy to pay for their own therapist. You can find a therapist near you from:

www.cbtregisteruk.com

www.itsgoodtotalk.org.uk

wwwpsychotherapy.org.uk
For more information

This resource is part of the MindEd online learning site.

For more information please contact:-

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