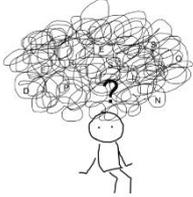


# Depression

## What is depression?

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.



Really useful video



It's worth mentioning that **Low mood** and **depression** are **not** the same thing.

<https://www.youtube.com/watch/XiCrniLQGYc>



I had a black dog, his name was depression  
10,980,638 views · 2 Oct 2012

## How can I help my depression?

- Speak to someone you trust.
- Try and do some exercise each day
- Eat a healthy balanced diet and drink plenty of water
- Follow a self-help scheme, there are lots of books and apps available.

## Some of the physical signs of depression might include:

- Moving or speaking more slowly than usual.
- Changes in appetite and weight.
- Constipation
- Unexplained aches and pains
- Lack of energy
- Changes to your menstrual cycle
- Disturbed sleep

## The psychological Symptoms of depression include:

- Continuous low mood or sadness
- Feeling helpless and hopeless
- Having low self esteem
- Feeling tearful
- Feeling guilt-ridden
- Feeling irritable and intolerant of others
- Having no motivation or interest in things you once enjoyed
- Finding it difficult to make decisions
- Not getting any enjoyment out of life
- Feeling anxious or worried
- Having suicidal thoughts or thoughts of harming yourself



## Social symptoms of depression might include:

- Avoiding contact with friends and family
- Taking part in fewer or no social activities
- Neglecting hobbies and interests
- Experiencing difficulties in your home, work or family life.

If you are struggling with any of the symptoms mentioned on here, reach out and talk to someone you trust.

If you think someone you know might be experiencing symptoms of depression, check in on them and let them know that you are there for them.

Useful websites: <https://youngminds.org.uk/find-help/conditions/depression/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/>