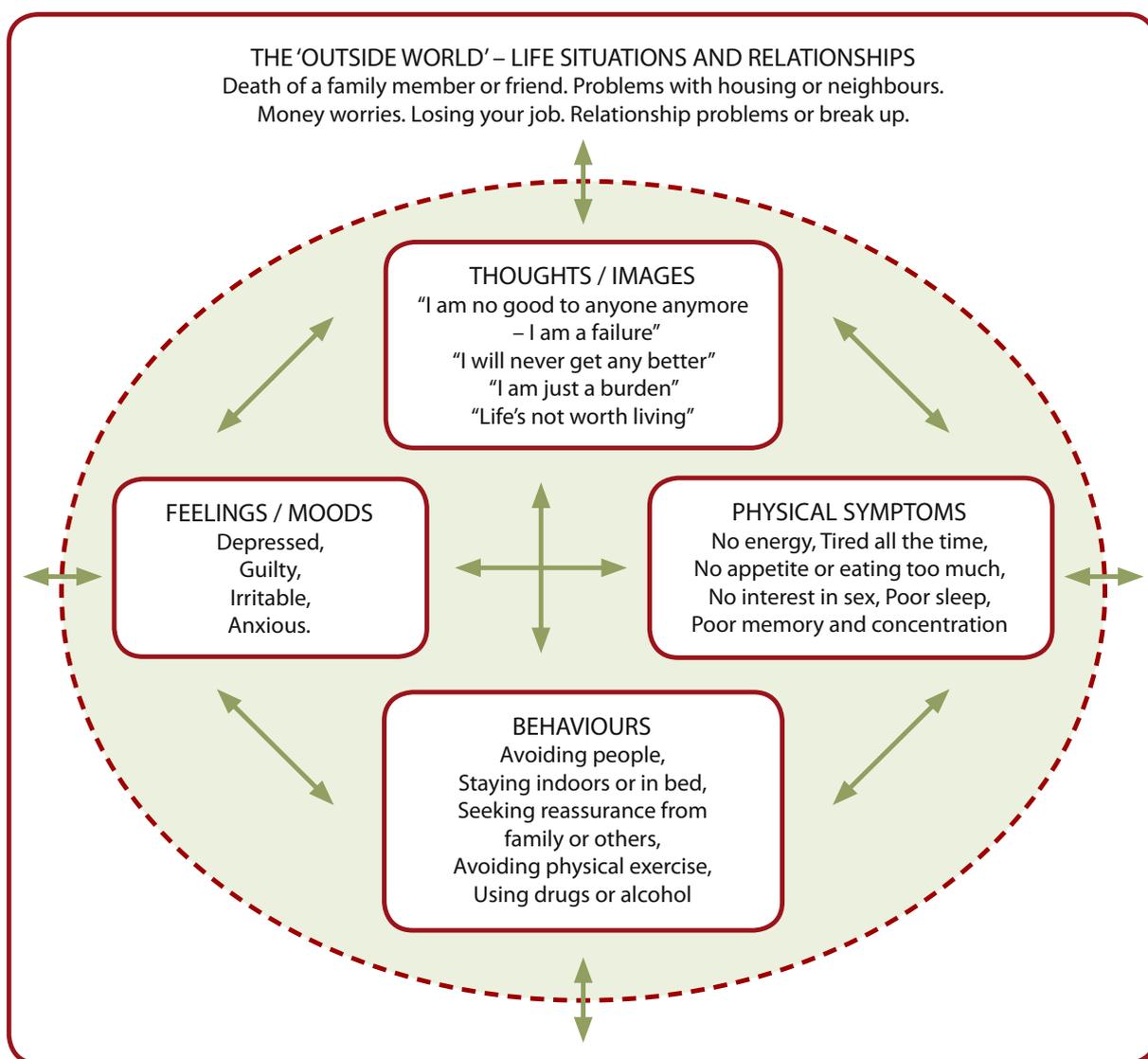


Depression - A 'Five Areas' Model

Depression is the most common mental health problem and the third most common reason for going to the doctor. 1 in 4 people will suffer from depression at some point in their lives.

The diagram shows some of the signs and symptoms of depression. The events in the big box (the outside world) can strongly affect us, though many events in the outside world are not under our control. The other 4 boxes (thoughts, feelings, physical symptoms and behaviour) are our own responsibility and we are the only ones who can change them.



Not everyone who is depressed will have all these symptoms and even people who are not depressed may feel like this some of the time.

Depression - A 'Five Areas' Model

Continued...

What causes depression?

Depression is a common reaction to difficult events. It can come on suddenly or build up over time.

You are more likely to get depressed if:

- You are very stressed
- You are ill
- Someone close to you has died
- You are adjusting to a life change, such as having a baby or losing your job

Why are some people more likely to get depressed than others?

This could be because of:

- Your body chemistry
- Early life experiences
- Family influences
- Unhelpful beliefs that you have built into your life.

What will help me cope with depression?

- If you have mild depression, you may be able to get over it with time, using self-help methods and with support from others.
- If your depression is caused by a difficult situation in your life, you may be able to do something practical to make things better. If you can't do this, it might be helpful to talk things over with someone.
- If your depression has lasted a long time, it might be useful to use self-help methods along with the help of a guide.
- If you have severe depression, you may need extra help and support such as antidepressants or therapy sessions.

Remember:

Depression may be normal in your situation.

Depression can come and go and people often get over it without help.

Self-help and support can help you get over depression.

Even if your depression is severe, you can still get better.

FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk