

## **CARER HEALTH AND WELLBEING NOV 2011**

### **Session 3: depression, hopelessness, helplessness and faigue Information and support in your community**

We all feel down from time to time, but symptoms of depression should be taken seriously if they last for **more than two weeks**. You might be showing a number of the warning signs, or none in particular – everyone is different.

#### **key signs**

constantly feeling down or hopeless  
having little interest or pleasure in doing things you used to enjoy

#### **possible signs**

irritability or restlessness feeling tired all the time, or general loss of energy  
feelings of emptiness ,loneliness or helplessness  
no longer interested in favourite activities  
sleep problems – too much, or too little  
weight loss or gain  
low self-esteem  
problems with concentration  
reduced sex drive  
thinking about death a lot

#### **anxiety**

Often people with depression also find they worry about things more than usual. This is known as anxiety. It can cause physical symptoms like pain, a pounding heart or stomach cramps and for some people these physical symptoms are their main concern.

Anxiety may be constant, or it may come and go in certain circumstances. Either way it's important to recognise anxiety when it occurs, and to seek help.

**You can get through depression, but realising that you have it is the first step to take.**

#### **Resources and contacts:**

**lifeline freephone 0800 543 354**

**samaritans freephone 0800 726 666**

**depression helpline freephone 0800 111 757**

**If in crisis, you can call the Crisis Assessment & Treatment Team**

**0800 112334**

**Asking for help = caring for yourself!**

