

Disability awareness

Depression

Depression is the leading cause of disability worldwide with an estimated 350 million people affected by it. Mixed depression and anxiety is the most common mental health problem in the UK. One in 12 teenagers and one in five older people in the UK are depressed, and suicide is the most common cause of death in men under 35.

People who are depressed may experience some or all of the following symptoms:

- ⊙ Persistent low mood
- ⊙ Losing interest in activities
- ⊙ Lack of energy/tiredness
- ⊙ Low confidence/self-esteem
- ⊙ Feeling unnecessarily guilty
- ⊙ Wishing they were dead
- ⊙ Difficulty concentrating or making decisions
- ⊙ Agitation and restlessness
- ⊙ Changes in sleeping habits – finding it hard to sleep or sleeping too much
- ⊙ Changes in eating habits - overeating or losing interest in food.

Although not everyone will get all these symptoms, but the more severe your depression the more likely you'll be to experience more of the symptoms. If mildly depressed it is likely you will have experienced four of these in the last two weeks. If moderately depressed this could be six and if severely depressed you could have experienced at least eight of the symptoms.

These symptoms can cause the following issues in daily life:

- ⊙ Problems with relationships including family, friends and colleagues
- ⊙ Isolation – avoiding people and social situations
- ⊙ Irritability – becoming short tempered and intolerant of others
- ⊙ Lack of interest in own appearance/wellbeing
- ⊙ Poor decision-making or reluctant to make decisions
- ⊙ Lack of energy and tiredness – making everyday tasks more difficult
- ⊙ Issues with memory and concentration affecting ability to focus on simple tasks
- ⊙ Low confidence and self-esteem
- ⊙ Oversensitive to comments or criticism
- ⊙ Self-doubt – needing constant reassurance from others
- ⊙ Embarrassed to disclose/discuss their condition.

It is always advisable for someone experiencing depressive symptoms to seek medical advice from their GP who may then recommend further treatment. However there are some simple self-help tips which can be suggested as an additional way of managing the symptoms:

General wellbeing

- ⊙ Try to establish a good sleep pattern
- ⊙ Fresh air and exercise
- ⊙ Eat a balanced diet
- ⊙ Avoid drugs and excess alcohol
- ⊙ Take pride in their appearance.

Think positively

- ⊙ Set small achievable goals
- ⊙ Celebrate successes
- ⊙ Don't focus on problems or 'failures'
- ⊙ Make a list of positives to refer to.

Have some fun

- ⊙ Plan activities to enjoy
- ⊙ Make contact with friends
- ⊙ Set aside time just for oneself
- ⊙ Try a new hobby or interest or join a group
- ⊙ Visit somewhere new.

Use the support

- ⊙ Talk openly to friends and family
- ⊙ Take up offers of professional support
- ⊙ Use online resources or helplines.

Contact us:

If you would like further information on how we can help you, please get in touch with us:

t: 0300 456 8113 e: training@remploy.co.uk w: www.remploy.co.uk/training

If you require this information in an alternative format, please email communications@remploy.co.uk quoting ref. R91- Nov17

