



**The sun
doesn't
always
shine if
you're
Caribbean**

**Depression can
affect any of us**

For Support and Help contact

Age Concern Information Line: 0800 00 99 66

Crisis Helpline: For 24 hour advice & support Telephone: 0870 238 5465

Carers Line: advice and info for all carers. Call free on 0808 808 7777

At one time or another we all have felt depressed or blue

What is Depression

Depression is a common problem: it will affect 1 in 5 of us sometime in our life.

Depression can make you feel powerless with feelings of hopelessness, weariness and low self-esteem. Very often we become forgetful which can cause frustration and very often anger.

You may be **depressed** because of you are having sleeping problems because of your physical aches and pains.

Being depressed is a normal reaction to loss or life's struggles and losses

For some people the feeling of sadness becomes so intense, often lasting for long periods of time, but most of us will make a full recovery after getting the correct treatment.

What is the first step?

Talk to a friend or a family member about how you are feeling.
They may advise you see your GP or a counsellor.

What do I say?

It's easy to get flustered and a little nervous going to speak to the Doctor. You might have a lot of questions that you want to ask but your mind may go blank when you get you get to the surgery.

Be prepared:-

- Think about what you'd like to talk about.
- Think about what you want from treatment.
- Go in armed with information and questions.
- Keep a daily diary to show to the Doctor, this will help him to see patterns in your mood you may not have noticed yourself.

Remember!!!

If you feel depressed please don't be afraid to ask for help