



**South West  
Yorkshire Partnership**  
NHS Foundation Trust

A large, stylized circular graphic composed of numerous blue brushstrokes of varying thicknesses, arranged in a radial pattern around a central white circle.

# **Understanding & Managing Depression**

With **all of us** in mind.

## IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website [www.wakefieldrecoverycollege.co.uk](http://www.wakefieldrecoverycollege.co.uk), clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email ([wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.



Thinking of you all, from  
Your Recovery College Team.




With **all of us** in mind.



# What we'll cover

- 
- 
- What is depression (Symptoms & Causes)?
  - The impact of depression
  - Treatment options

A woman with dark hair tied back, wearing a blue top and a patterned scarf, is looking out a window. The scene is framed by four L-shaped graphic overlays: orange (top-left), green (top-right), magenta (bottom-left), and blue (bottom-right).

**What is  
depression,  
what does it  
look like  
and what  
causes it?**

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# What is depression?

People may feel sad or upset, and this can be a normal response to difficult or distressing experiences. These feelings usually pass in due course.

However, depression is different. It is a condition that involves symptoms that are so intense that they interfere with day to day living over a prolonged period. “Depression” can clinical depression, a depressive episode, recurrent depressive disorder, reactive depression, severe depressive episode with psychotic symptoms, dysthymia, cyclothymia, seasonal affective disorder or manic depression (the old name for bipolar disorder).



For further information on the types of depression, please visit Rethink Mental Illness at [https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/?gclid=EAlaIQobChMIxcaU6oSQ6QIVyIBQBh2dag0pEAAAYAAAEgK1aPD\\_BwE](https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/?gclid=EAlaIQobChMIxcaU6oSQ6QIVyIBQBh2dag0pEAAAYAAAEgK1aPD_BwE)

# What is depression?

## Some facts

- Depression affects more than 264 million people worldwide Depression is a leading cause of disability around the world, is a major contributor to coronary heart disease and often occurs alongside other mental health issues.
- More women than men are affected by depression; 24% of women and 13% of men in England are diagnosed with depression during their lifetime.
- Depression can lead to suicide without the right support, with close to 800,000 people taking their own lives worldwide every year.
- Depression occurs in 2.1% of young people aged 5-19.
- There are effective psychological and pharmacological treatments for moderate and severe depression.
- Up to 90% of young people recover from depression within the first year.

Facts from The World Health Organisation, (WHO) 30/01/2020

And Mental Health First Aid England 30/04/2020.

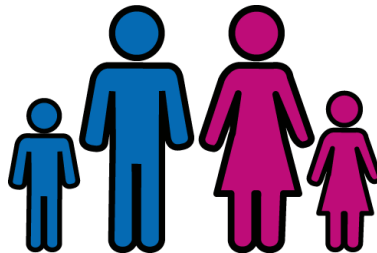
With **all of us** in mind.

# What is depression?

## What causes depression?

There is no one definitive cause of depression. However most people would agree that social, psychological, behavioural and physical factors all play a part

It can sometimes feel that it has come out of the blue, although it is usually linked to a stressful event, such as relationship difficulties/divorce, bereavement, childbirth, change of or loss of job/role, moving house or trauma.



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# What is depression?

## What causes depression?

Our physical health can have a huge impact also; developing a health condition or illness that causes us to feel long term pain or effects our physical and/or mental abilities can cause us to feel depressed.

Some aspects of our personality can make us more vulnerable to depression, such as perfectionism and/or setting unrealistic goals or expectations for ourselves.

Other causes can include issues a genetic predisposition and/or hormonal/chemical changes. People with depression have been shown to have reduced capacity in the frontal lobes of the brain; this can happen in the same way a condition like migraine can happen. It is unclear whether this happens because of depression or whether this *causes* depression.





# What is depression?

## Symptoms of depression?



### Core symptoms

- Persistent sadness or low mood.
- Loss of interest in normally enjoyable activities/lack of motivation.

### Common Symptoms

- Disturbed sleep (difficulties falling/staying asleep, sleeping more than usual).
- Change in appetite (appetite and weight loss, or appetite and weight gain).
- Physical pain development (chest pains, palpitations, headaches)
- Feelings of worthlessness, inappropriate guilt, indecisiveness.
- Preoccupied/recurrent thoughts of death/"life is not worth living".
- Tiredness, lethargy/loss of energy, poor concentration.
- Agitation.



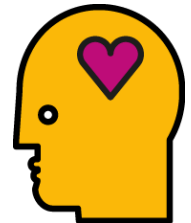
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# What is depression?

## Symptoms of depression?

### Other Symptoms

- Loss of confidence.
- Feeling useless, inadequate and/or hopeless.
- Avoiding people and/or social situations.
  - Crying more than is usual for you.
  - Loss of sexual desire/libido
- Feeling pessimistic more than is usual for you.
  - Emotional numbness
  - Suicidal thoughts and/or plans.



# The impact of depression

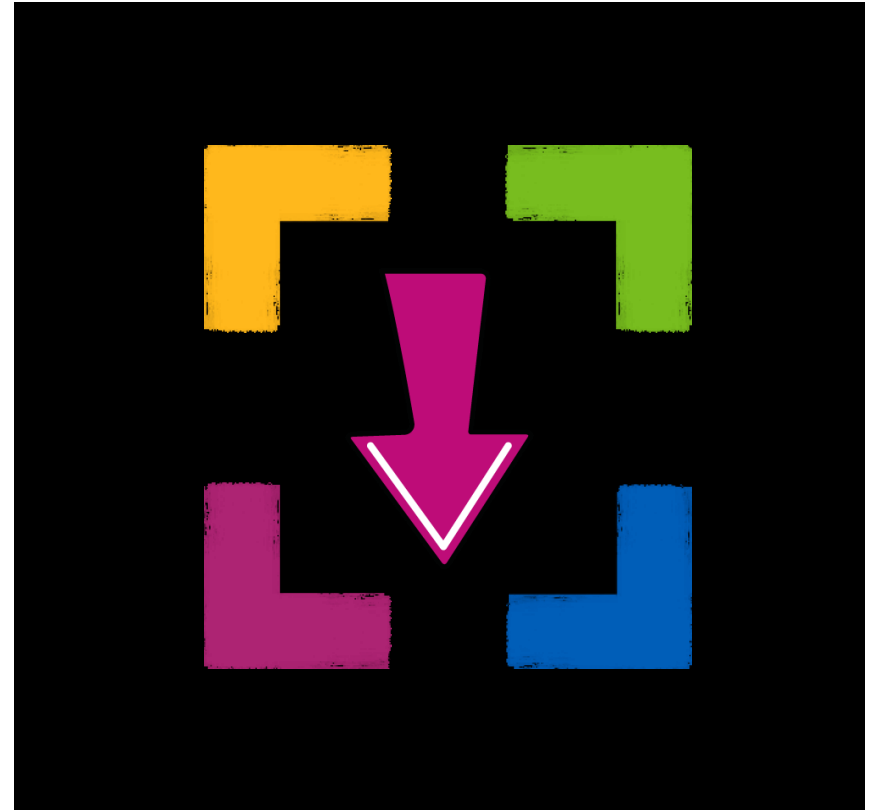


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# The impact of depression

Here are some examples, you can probably think of more...

- Distress that impairs normal functioning (e.g. work performance).
- Become withdrawn or isolated.
- Push friends and family away.
- Feelings of anxiety and guilt.
- Feeling you cannot carry on.
- Everything seems like a chore.
- Scared to go out.
- Lack of interest in everyday things.
- Lack of interest in things you usually enjoy.
- Struggle of mental health.
- Lack of motivation.





# Treatment options

**Most cases of mild depression will get better without treatment. However, more severe depression may need treatment that can take 6 months or longer.**

Treatment options depend upon the severity of the depression, but might include:

- Regular exercise and a balanced diet.
- Guided self-help.
- ‘Low intensity’ psychological interventions.
- Psychological (talking) therapies, such as Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT) and Counselling For Depression (CFD).



# Treatment options

- Anti-depressant medication, such as selective serotonin reuptake inhibitors (SSRIs) or tricyclic antidepressants (TCAs).
- Very severe cases may require Electro-Convulsive Therapy (ECT). This is used as a last resort and is nothing like what you've seen in the movies. It is a very respectful medical procedure, conducted under general anesthetic. Click here <https://youtu.be/AcmarVpo2xE> and here <https://youtu.be/9L2-B-aluCE> to find out more about ETC.







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**Additional  
Help &  
Support**

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## You can find more information on managing depression from:

- Your GP
- Your local Mind <https://www.mind.org.uk/>
- Depression UK <http://depressionuk.org/>
- Samaritans <https://www.samaritans.org/>
- Papyrus – for the prevention of young suicide [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Mental Health First Aid England <https://mhfaengland.org/>
- Rethink Mental Illness <https://www.rethink.org/>



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Have you got any  
questions?

Get in touch at:

01924 316946 &

[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

[@swyt.nhs.uk](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

(we're still here!)



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