



# DEPRESSION

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*Easy Read*



## **What is depression?**

Depression is a type of mental illness.

## **What can happen in depression?**

Feeling low

Feeling tired all the time

Difficulty in sleeping

Less interested in activities

Waking up too early in the morning

Feeling restless

Eating too little or too much

Losing weight

Crying without any reason

Feeling irritable

Feeling guilty without any reason.

Feeling that life is not worth living





## **What causes depression?**

Sometimes people can become depressed after losing someone they love.

You are more likely to have depression if a member of your family suffers from it.

Sometimes you may not know the reason.

If you want to know more about it, you can speak to your Psychiatrist or Community Nurse.



## **How is depression treated?**

Talking to your carers, your doctor or nurse.

Doing some exercise can help you feel better.

Participating in activities that you like.





Medications known as anti-depressants can help in the treatment of depression.

### **Help and Support....**

Your doctor:  
Telephone number:



Your Psychiatrist:  
Telephone number:

Your Community Nurse;  
Telephone number:



Other professionals  
involved:

Other resources:

[www.patient.co.uk](http://www.patient.co.uk)



# A Picture of **HEALTH**

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