



SupportTeam  
@Veor

# Help for Problems With Depression and Anxiety

Depression affects people in different ways and can cause a wide variety of symptoms. They range from lasting feelings of unhappiness and hopelessness, to losing interest in the things you used to enjoy and feeling very tearful. Many people with depression also have symptoms of anxiety.

- The psychological symptoms of depression include:
  - continuous low mood or sadness
  - feeling hopeless and helpless
  - having low self-esteem
  - feeling tearful
  - feeling guilt-ridden
  - feeling irritable and intolerant of others
  - having no motivation or interest in things
  - finding it difficult to make decisions
  - not getting any enjoyment out of life
  - feeling anxious or worried
  - having suicidal thoughts or thoughts of harming yourself
- The physical symptoms of depression include:
  - moving or speaking more slowly than usual
  - changes in appetite or weight (usually decreased, but sometimes increased)
  - constipation
  - unexplained aches and pains
  - lack of energy
  - low sex drive (loss of libido)
  - disturbed sleep – for example, finding it difficult to fall asleep at night or waking up very early in the morning
  - avoiding contact with friends and taking part in fewer social activities
  - having difficulties in your home, work or family life





# Treatment and Support Groups

- Depression can often come on gradually, so it can be difficult to notice something is wrong. Many people try to cope with their symptoms without realising they're unwell. It can sometimes take a friend or family member to suggest something is wrong.
- Doctors describe depression in adults as either less severe (mild) or more severe (moderate or severe), based on:
  - the symptoms, including how often you get symptoms and how bad they are
  - how long depression lasts
  - the impact on your daily life
- A few people with severe depression may have symptoms of psychosis.
- You'll usually be asked to answer a set of questions to help doctors assess how severe your condition is.
- A low mood may improve after a short time.
  - Read more about low mood, sadness and depression
- See a GP if you experience symptoms of depression for most of the day, every day, for more than 2 weeks.
- There are lots of treatment options for depression, including talking therapies, antidepressants and self-help of various kinds.
- Visit the Mind website for information about support groups in your area.
- If you're a carer and affected by depression, ring the Carers UK helpline on 0808 808 7777 to find out how to meet other carers.
- Or you can ask your GP or your local talking therapies service about depression support groups in your area.

Get urgent help now for mental health



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Source: NHS Depression in Adults