

# What is depression?



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## Information for service users, families, carers and supporters



This leaflet can be read with support to help you understand.

## What is depression?



You might find it hard to be happy. You:

- may not want to do the things you usually do
- may not be able to sleep or you may sleep too much
- may feel like hurting yourself
- may not want to talk to people
- may feel like eating a lot or not eat enough
- may want to be on your own.

## Why do you feel like this?



- something bad might have happened to you
- something might have gone wrong in your life
- you may not know why you feel like this.

## What can you do?

Talk to someone like a friend, support worker, nurse or doctor.

## How can we help?



We will talk to you about how you are feeling and to make sure you are safe.

We will talk to you about the best way to help you.

This could be:

- talking to someone regularly until you feel better
- helping you learn to cope with life.



Sometimes your nurse or doctor may talk to you about tablets that may help you.

We will always ask if you are happy with how we are going to help you.

Sometimes we need to talk to other people who know you well. We will always ask you if this is OK unless you or other people are not safe.



**If you need to talk to someone ring:**

**Name:**

**Telephone:**

## If you are unhappy about our services...



Please tell a member of staff.



**Freephone** 0800 052 0219 or



**Email** [tewv.pals@nhs.net](mailto:tewv.pals@nhs.net).

## Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.



You can tell us by email.

[tewv.communications@nhs.net](mailto:tewv.communications@nhs.net)

Or you can telephone the communications team on:



**01325 552223**

Please do not use these contact details to contact us about your care, instead use the contact details given to you by your care team.

Staff can find this information at T/Patient and Carer Information/Trustwide/LD services

Service users and carers can also view this information on our website under Services/all locations/learning disabilities services

Pictures are from CHANGE Picture Bank

[www.changepeople.org](http://www.changepeople.org)

