

Am I Depressed?

Our mental health is very important. If it suffers, it can impact other areas of our lives. This includes our physical health, relationships and work.

Depression is different to just being sad for a short time or in a bad mood. The following changes or signs can be symptoms of depression



- Feeling hopeless, sad or empty
- Difficulty focussing
- Too much/too little sleep
- Not caring about others feelings
- Loss of energy
- Feeling sluggish
- Irritable
- Loss of libido
- No pleasure from activities
- Appetite or weight changes
- Feeling worthless or guilty
- Thoughts of death or suicide

In the past two weeks how many days have you been feeling this way?

1-2 Days		It's completely normal to be sad sometimes. Try your best to stay in your normal routines.
2 – 13 Days		It's time to start focusing on self-care and the 5 Ways to Well-Being.
2 weeks or more		You could do with a little extra help. Contact your doctor's surgery or self-refer to Talk for Change

The 5 Ways to Wellbeing can help anyone, at any time.

Be Active

Walk - Cycle - Play a game - Gardening



Keep Learning

New activities - Rediscover hobbies - Take that course!



Connect

Friends - Family - Colleagues - Community



Give

Help a friend - Thank someone - Volunteer



Take Notice

Sights - Sounds - Feelings



What is Talk for Change?

You will be asked some questions about your mood. You will have a chance to explain the problems you are having. After being assessed, you will be able to talk about treatment options. For more information visit this website <https://www.talkforchange.org.uk/> or scan this QR code.

