

What is depression and what is its impact?

Webinar - 9th September 11am-1pm

Understanding depression and ways of coping

Depression is:

- A mental illness that is recognised around the world
- Common – it affects about one in ten of us
- Something that anyone can get
- Treatable

Depression is not

- Something you can snap out of
- A sign of weakness
- Something that everyone experiences or
- Something that lasts forever as one episode

Types of Depression:

- Clinical depression
- Depressive episode
- Recurrent depression
- Severe depression episode with psychotic symptoms
- Post-natal depression
- Seasonal affective disorder (SAD)
- Manic depression

What causes depression?

- Genetics
- Background
- Current situation

Depression & Domestic Abuse

- Being in or ending relationship
- On-going abuse when relationship ended
- Struggles with children
- Financial situation
- Other people's response
- Link to self confidence

Symptoms of Depression

- low mood, feeling sad, irritable or angry
- having less energy to do certain things
- losing interest or enjoyment in activities you used to enjoy
- loss of concentration
- becoming tired more easily
- disturbed sleep and losing your appetite
- feeling less good about yourself (loss of self-confidence), or
- feeling guilty or worthless

Depression can make you feel.....

- Feel less pleasure from things
- Feel more agitated
- Lose interest in sex
- Find your thoughts and movements slow down
- Have thoughts of self-harm or suicide

Thoughts & Feelings

- Indecision
- Emptiness
- Hopeless
- Self critical
- Overwhelmed
- Aches and pains
- Low sex drive
- Difficulties with work and your hobbies
- Difficulties keeping contact with friends and families or
- Suicidal thoughts
- Use of substances

Physical problems

- Chronic fatigue
- Lack of energy
- Sleeping problems
- Unexplained headaches
- Digestive problems

Behavioural changes

- Appetite changes
- Irritability
- Neglect
- Problems concentrating
- Lack of sexual desire

Depression as a gift:

- Increased attention to spiritual life
- More empathy towards others
- Greater depth of emotional experience
- Opportunity for truths to emerge
- Awareness of pressures on oneself
- Greater awareness of oneself

Help:

- Talking therapies 1:1 counselling/psychotherapy
- IAPT (Improving Access to Psychological Treatment)
- Anti-depressants*
- Exercise
- Alternative therapies
- Visit your GP
- Group therapy
- Evaluation of medication
- Homeopathy

Antidepressants medication and its impact and side effects. you may have fears about medication and what they might do to a person. Some believe medication are addictive and that people are often over medicated. Be prepared to explain that we are all “wired” differently, that our brain chemistry is unique and responds differently to different medications. It may take trying more than one medication to get the right antidepressant or any given person. Also, the dosages may need to be altered for proper effectiveness. It is important to educate yourself about depression and medication as there are many myths surrounding this subject.

“Pull yourself together” if you are experiencing depression then you can't just stop the feelings. Some women will suffer alone with their depression and may experience self-hatred to their depression. There is a lot of shame surrounding depression. It is important that your feelings are taken into considerations and to seek help as soon as possible. You should also remember that abuse and depression are connected.

Self-acceptance is difficult when another person, such as an abusive partner, or other situations in our lives leads us to feel badly about ourselves. Self acceptance is the key to dealing with depression.

Feeling depressed is a normal response to not being or feeling in control or in charge of one's life. There is a significant correlation between abuse and depression. Powerlessness is an extremely devastating feeling. It is difficult to overcome depression on your own when you feel powerless.

When a person feels depressed, it is often difficult to think of what action you can take that will help. See the list below which you can refer to when you feel depressed.

Things I like to do

When I am alone

When I am with someone else

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.





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