

# 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 or 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 an depression. Powerlessness is an extremely devastating feeling. It is difficult to overcome depression on your own when you feel powerless.

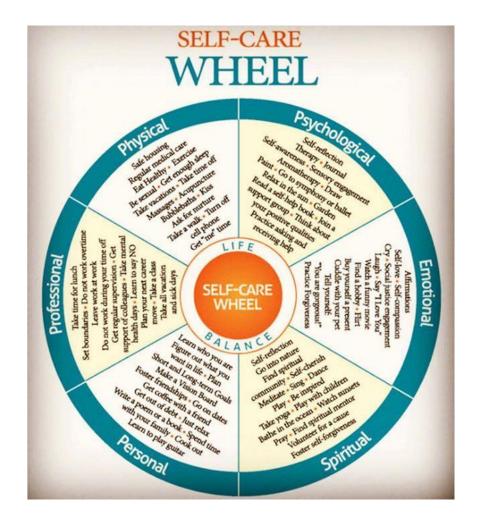
When a person feels depressed, it is often difficult to think of what action you can take that will help. She the list below which you can refer to when you feel depressed.



# Things I like to do

When I am alone	When I am with someone else

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







*Note:* Developed by the Domestic Abuse Intervention Project, Duluth, MN. Reprinted with permission.

