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Mae'r ddogfen hon ar gael yn Gymraeg



Depression



Thinking about Depression can be upsetting. You might want to look at this leaflet with someone you trust like a healthcare worker

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Depression
Contents Page

What is depression? Page 3

What happens when you have depression? Page 4, 5 and 6

Why does it happen? Page 7 and 8

What can you do to help yourself? Page 9, 10, 11, 12 and 13

What others can do to help you Page 14 and 15

Where to find more information Page 16

What is depression?



Everyone feels sad sometimes and that's natural



Most people will feel happy again soon after feeling sad



Some people feel sad most of the time and don't feel happy at all



Depression is a word that is used when someone is feeling really sad most of the time

What happens when you have depression?

When you have depression



You might feel very sad. You might cry a lot or not be able to cry



You might think that things are really bad and that you will never feel better again



You might feel more tired than usual and find it hard to get up in the morning

What happens when you have depression?

When you have depression



You might find it hard to go to sleep or sleep more than usual



You might hurt yourself by cutting your skin or banging your head. You might drink too much alcohol



You might eat too much



You might not eat enough

What happens when you have depression?

When you have depression



You might not enjoy things that you enjoyed doing before

You might not want to see or speak to anyone



You might get more angry than usual



You might feel unwell.

You might have headaches and stomach aches

Why does it happen?



People can get depression for lots of reasons



Some people can become depressed because they struggle to cope when difficult things happen



Sometimes there is not a clear reason for someone having depression but that is ok

Why does it happen?

Some people can find it difficult to cope when



They have had big changes in their life, like moving house or a relationship ending



They are having problems with their family or friends



Someone they knew well has died



They have health problems

They have problems with money

What you can do to help yourself



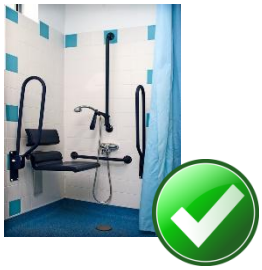
Spend time with people

When you are depressed you can feel very alone. It is important to spend time with your family and friends



Do things you enjoy doing

Going outside and doing things is important to help you feel better.



Small things like having a shower and getting fully dressed can make you feel a bit better



Do some exercise

15-20 minutes of exercise like walking or swimming can help you feel good. Exercising can also help you to meet new people

What you can do to help yourself



Relax

When you feel depressed stressed or worried it helps to breathe slowly and deeply.

You could have a bath or listen to some music to relax



Eat healthy foods

It's always important to eat healthy foods.

When you feel depressed it is even more important to eat healthy foods because unhealthy foods can make you feel worse



Try to do the things with the green ticks to help you feel better

What you can do to help yourself



If you are feeling sad most of the time or really sad, or showing any of these signs, the first thing you can do is talk to your doctor



Your doctor could be your GP or Psychatrist. Your doctor can make sure you get the right type of help



Talking therapies and medication can be useful types of help



In talking therapy, you can talk about your worries. This can help you understand what's making you depressed

What you can do to help yourself



There is a type of talking therapy called Cognitive Behavioural therapy. The short name for this is CBT



A Community Nurse or Psychologist can do CBT with you



If you doctor has given you medication to help you feel better, make sure you take this medication

What you can do to help yourself



Don’t drink too much alcohol or take illegal drugs



Illegal drugs and alcohol can also make you feel more depressed and they are not good for you

What others can do to help you



Family carers and professionals can help to make you feel better

Others can spend time with you by



Talking with you and listening to your problems



Helping you to learn new ways of dealing with your depression

Others can find out why you are depressed by



Asking you what is wrong

Asking you what makes you happy and sad

What others can do to help you

Others can make your life feel good by



Helping you do things you enjoy doing and things that help you feel happy and calm



Helping you to do the everyday things you need to do like going shopping



Supporting you to see your doctor

Where to find more information

Samaritans

You can talk to them anytime about how you feel

Freephone 116 123

Website www.samaritans.org

Mind Cymru

Information and support if you have a mental health need

Phone 0300 123 3393
Or text 86463
Website www.mind.org.uk

NHS 111 Wales Press 2

For urgent mental health support

Phone 111 and press option 2

C.A.L.L.

People who will listen to you and give you information on Mental Health

Freephone 0800 132 737
Or text 'help' to 81066
Website www.callhelpline.org.uk

Where to find more information



Your GP

If you have questions about depression or want to know more you can speak to your GP



More Leaflets

Thinking about depression can be upsetting. You may want to look at other leaflets about other topics with someone you trust.

This leaflet was amended by Aneurin Bevan and the Learning Disability Psychology service

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Thank you to Photosymbols for the use of images

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