

# DEPRESSION AWARENESS WEEK

## APRIL 18<sup>TH</sup> -24<sup>TH</sup> 2010

### WHAT CAN YOU DO TO HELP?

#### Raise Awareness

- **Put up information**
  - *Put up a Depression Awareness Week Poster (available online)*
  - *Put out some leaflets about Depression & Depression Alliance*
- **Join the campaign online**
  - *Join our Facebook page*
  - *Follow us on Twitter*
- **Spread the word**
  - *Help us reduce the stigma associated with depression*

#### Fundraise & Donate

- **Raise money with an event**
  - *Email us at [fundraising@depressionalliance.org](mailto:fundraising@depressionalliance.org)*
  - *Go online for our Fundraising pack - [www.depressionalliance.org](http://www.depressionalliance.org)*
- **Dine for Depression**
  - *Host a dinner party for us - see our website for more details or email [fundraising@depressionalliance.org](mailto:fundraising@depressionalliance.org)*
- **Go online & donate at [www.justgiving.com/depression](http://www.justgiving.com/depression)**
  - *Encourage others to donate as well*

#### Join Depression Alliance

- **£24 a year (just £2 a month)**
- **You can become a member and have access to our services**
  - *Whether you live with depression, have someone close you who does or want to raise awareness*
- **Go to our website and sign up today**
- **Get others to join as well**

**Join our campaign to reduce the stigma associated with depression to ensure no one is left to suffer in silence.**

**With your help we can stop lives being torn apart.**

Depression Alliance is a registered charity no. 1096741  
[www.depressionalliance.org](http://www.depressionalliance.org)



## What is Depression?

The word 'depression' is used to describe everyday feelings of low mood which can affect us all from time to time. Feeling sad or fed up is a normal reaction to experiences that are upsetting, stressful or difficult; those feelings will usually pass.

If you are affected by depression, you are not 'just' sad or upset. You have an illness which means that intense feeling of persistent sadness, helplessness and hopelessness are accompanied by physical effects such as sleeplessness, a loss of energy, or physical aches and pains.

Sometimes people may not realise how depressed they are, especially if they have been feeling the same for a long time, if they have been trying to cope with their depression by keeping themselves busy, or if their depressive symptoms are more physical than emotional. Here is a list of the most common symptoms of depression. As a general rule, if you have experienced four or more of these symptoms, for most of the day nearly every day, for over two weeks, then you should seek help.

- **Tiredness and loss of energy**
- **Persistent sadness**
- **Loss of self-confidence and self-esteem**
- **Difficulty concentrating**
- **Not being able to enjoy things that are usually pleasurable or interesting**
- **Undue feelings of guilt or worthlessness**
- **Feelings of helplessness and hopelessness**
- **Sleeping problems - difficulties in getting off to sleep or waking up much earlier than usual**
- **Avoiding other people, sometimes even your close friends**
- **Finding it hard to function at work/college/school**
- **Loss of appetite**
- **Loss of sex drive and/ or sexual problems**
- **Physical aches and pains**
- **Thinking about suicide and death**
- **Self-harm**

For further information please visit our website: [www.depressionalliance.org](http://www.depressionalliance.org)  
or leave your contact details on our information line: 0845 123 2320

# Depression Alliance

- 1 in 5 people will have depression at some point in their lives.
- More than 2.9 million people in the UK are diagnosed as having depression at any one time.
- As many as three in four cases of depression are neither recognised nor treated, so the actual figure is much higher.
- More than 70% of recorded suicide is committed by people with depression.
- The World Health Organisation estimates that by the year 2020, major depression will be second only to chronic heart disease as an international health burden.
- More than 80% of people with depression can be helped with the appropriate treatment.

**Depression Alliance is the leading UK charity for people affected by depression. We provide information and support services to anyone affected by this debilitating illness. We also campaign to reduce the stigma associated with depression so that no one is left to suffer in silence.**

Our services include:

- Information in publications
- Information online through our website [www.depressionalliance.org](http://www.depressionalliance.org) & free online resource [www.whatyoushouldknowaboutdepression.com](http://www.whatyoushouldknowaboutdepression.com)
- Self-Help Groups around the country
- Access to DA Talk, an online forum
- Access to our Penfriend scheme
- Our quarterly magazine *A Single Step*

**With your help we can stop lives being torn apart.**

For more information or to join Depression Alliance go to our website [www.depressionalliance.org](http://www.depressionalliance.org) or email [info@depressionalliance.org](mailto:info@depressionalliance.org)