

What is Depression?

Depression is a common illness, which will affect one in five people during their lifetime. It can involve feelings of hopelessness, tiredness, low self-esteem, sleeping problems and physical aches and pains.

Depression Alliance offers information, support and understanding to people who are concerned about, or caring for someone with depression. You can help people experiencing depression, and in doing so you may even build a closer and more satisfying relationship with them.

Remember though, that caring for someone with depression can be very frustrating and can also make you feel depressed yourself. You may need support at times, too.

If you are concerned about, or looking after someone with depression, then please don't be afraid to get help.

Finding Support

Caring for someone can be physically exhausting and emotionally stressful. You may feel isolated and overwhelmed. Asking for help is one of the most important things you can do when caring for someone. Approaching a close friend or relative for support is an important first step. You should also visit your family doctor, who may be able to refer you to a relevant support service, such as counselling or a local carers' group. You could also contact your local social services department.

Be Informed

Finding out about the illness of the person you are caring for may help you to understand their behaviour and give you confidence when talking to healthcare professionals. Depression Alliance produces a unique range of literature on the subject of depression, which is free of charge for single copies to individuals. Our website (www.depressionalliance.org) also offers information on symptoms, research, treatment and many other issues relating to depression.

Your Rights as a Carer

As a carer, you may be entitled to financial help. The Carers National Association offers a free guide entitled Benefits - What's available and How to Get Them. You could also contact your local Citizens' Advice Bureau. If you are caring for someone full-time, you can ask your local social services department for a carers assessment to determine what services (if any) you are entitled to. The Carers National Association has written a free guide called How do I Get Help - A Carer's Guide To Assessments.

Taking a Break

Sometimes you and the person you're caring for will need a break. Respite care provides a change from the routine for both of you, and gives you time to get on with the other commitments in your life. Services tend to vary depending on where you live, and a number are provided for free, though there may be a charge for others. Your local authority may also provide vouchers or direct payments to cover the cost. Contact your local support groups, Council for Voluntary Services, Community Health Council or Mental Health Trust for options in your area.

Looking after yourself

As a carer, it is often difficult to find time to take breaks from your caring responsibilities. You may find that your own health is affected as a result, so it is extremely important to look after your health too, both physical and emotional. Make time for yourself, and the things that you enjoy. It is vital that you do not neglect your own needs. Most importantly, don't feel down-hearted if your support does not appear to be appreciated. Just by being there, you are helping and supporting your friend or relative.

Useful Organisations

Carers UK
0808 808 7777
www.carersonline.org.uk

Crossroads
0845 450 0350
www.crossroads.org.uk

Mental After Care Association (MACA)
020 7436 6194
www.maca.org.uk

Princess Royal Trust For Carers
020 7480 7788
www.carers.org

Contact Us

I would like to support the work of Depression Alliance.

Please accept my gift of £

I would like Depression Alliance to claim the tax back on this donation, and on any subsequent donation I make.

For every donation you make to us, we can now claim back the tax paid (equivalent to 28p in every pound), provided you pay an equal amount of income tax or capital gains tax. Please tick the box above if you would like to make your money go even further at no extra cost to you.*

I would like to become a member of Depression Alliance and enclose my membership fee of (please tick relevant box):

£10 (full-fee) £5 (unwaged/OAP/student)
 £20 (company rate) £15 (European rate)
 £20 (International rate)

I would like to find out more about Depression Alliance

I would like to pay

By cheque**/postal order for £

By card, please deduct £ from my:
 MasterCard CAF card
 VISA card

PLEASE COMPLETE IN BLOCK CAPITALS

Name as written on card

Card No

Exp date

Signature Date

Title

Forename

Surname

Address

Postcode

E-mail

Please return this form in an envelope to: Depression Alliance, 35, Westminster Bridge Road, London SE1 7JB

Data protection: From time to time, we will write with details about our work. Please tick this box if you would prefer not to hear from us. Your details will never be passed onto to any third party without your prior consent.

* You must pay an amount of income tax (and/or capital gains tax) which is at least equal to the value of what we claim back in that tax year (currently 28p for every pound you give in that tax year). If you pay tax at a higher rate, you can claim further tax relief in your Self Assessment return.

** Please make cheques payable to Depression Alliance

- Three out of five people will become a carer at some time in their lives.
- Mental illness is one of the most common conditions to be caring for.
- Depression is an illness, which can be treated.
- Depression Alliance can offer support, information and understanding to those caring for a friend or relative with depression.

Depression Alliance

Depression Alliance is the leading UK charity for people affected by depression. We work to relieve this treatable condition by providing information, support and understanding. We also campaign to raise awareness amongst the general public about the realities of depression.

Depression Alliance coordinates a national network of self-help groups so that people with depression can share experiences and coping strategies with others in similar situations.

For more information about self-help groups in your area, as well as our other services for people affected by depression, please complete the form overleaf.



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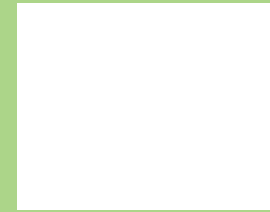


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You can also contact us via our main number 0845 123 23 20. You will automatically be directed to the relevant regional office, and all calls will be charged at the local rate.

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information@depressionalliance.org

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Depression affects one in five of us at some point in our life

It involves everyone – either directly or indirectly through our friends and family.



If you are worried about a friend or relative who is depressed, Depression Alliance can help.