

# What is Depression?

Everyone feels sad or upset sometimes. Feeling low is a normal response to upsetting or difficult experiences, and these feelings will usually pass.

If you are affected by depression, feelings of sadness either remain, or are so intense that they interfere with day-to-day living.

Depression can also involve feelings of hopelessness, tiredness, low self-esteem, sleeping problems and physical aches and pains.

Depression is a common illness, which will affect one in five people during their lifetime. No-one should fear it; the vast majority of people who are depressed will make a full recovery after appropriate treatment.

If you think that you might be depressed, then please don't be afraid to get help.



Talking to a close friend or relative about how you are feeling This is an important first step. You should also visit your family doctor, who is used to treating people with depression. He or she may suggest taking medication, or visiting a counsellor or therapist. You could also contact Depression Alliance.

We are the leading UK charity for people with depression. We offer:

## Information

- a unique range of free publications which offer information on depression.
- a popular website ([www.depressionalliance.org](http://www.depressionalliance.org)) with pages on symptoms, research, treatments and lots more.

## Support

- a national network of self-help groups so that people with depression can share experiences and coping strategies with others in similar situations.
- a correspondence scheme so that people affected by depression can write to someone about their experiences.

## Understanding

- a range of support services for Depression Alliance members, including a regular magazine, a pen-friend scheme and an email group.

We also campaign to raise awareness amongst the general public about the realities of depression.

For a free information pack about depression and Depression Alliance, please complete and return the form opposite.

You could also visit our website:  
[www.depressionalliance.org](http://www.depressionalliance.org)  
or email: [information@depressionalliance.org](mailto:information@depressionalliance.org)

# Contact us

I would like to find out more about Depression Alliance. Please send me a free information pack.

I would like to support the work of Depression Alliance. Please accept my gift of £

For every pound you give us, we can now claim back the tax paid on your donation.\* This costs you nothing, and means that we can now do even more with your money.

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

I would like to become a member of Depression Alliance and enclose my membership fee of £10 (£5 concessionary, £20 company rate).

TOTAL AMOUNT £

I enclose a cheque/postal order (please make cheques payable to Depression Alliance) OR please deduct £  from my Mastercard/VISA card

Name as written on card   
Card No   
Expiry date   
Signature  Date

## PLEASE COMPLETE IN BLOCK CAPITALS

Title   
Forename   
Surname   
Address   
  
  
Postcode   
Date

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

\* 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.

- Depression can affect anyone, at any age.
- Depression is an illness, which can be treated.
- At its worst, depression can lead to suicide.
- Depression Alliance can offer information, support and understanding to people affected by 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.

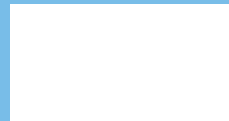
Depression Alliance  
0845 123 23 20  
[www.depressionalliance.org](http://www.depressionalliance.org)  
[information@depressionalliance.org](mailto:information@depressionalliance.org)



Depression Alliance  
35 Westminster Bridge Road  
London  
SE1 7JB



Depression Alliance Scotland  
3 Grosvenor Gardens  
Edinburgh  
EH12 5JU



Depression Alliance Cymru  
11 Plas Melin  
Westbourne Ave  
Whitchurch  
Cardiff  
CF14 2BT

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

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

#### 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.

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35, Westminster Bridge Road, London, SE1 7JB.

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