

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.

What is Self Help?

Self help involves a number of different approaches and techniques which may alleviate all types of depression or even prevent mild depression. These techniques are complementary to professional treatment, and should not be seen as an alternative to it. It is important to be realistic when you begin trying out self-help options. Don't expect too much of yourself but do persist and you will begin to notice the difference. Ask your library if they can order you a copy of the Authoritative Guide to Self-Help Resources in Mental Health (ISBN 1-57230-506-1)

Sharing Experiences

Depression can often be alleviated by talking to other people in similar situations. Depression Alliance co-ordinates a national network of self-help groups where members can meet on a regular basis to share experiences and coping strategies. Going to a self-help group for the first time can be challenging so don't worry if you only make it as far as the door! Everyone who attends a self-help group understands how you might be feeling and you can be sure of a warm welcome. We also co-ordinate a pen-friend service, an email group and offer a correspondence scheme.

Gathering Information

Finding out more about depression can reduce the misconceptions, guilt and fear which are often associated with the condition. A wide range of leaflets, videos, and tapes on depression are available from Depression Alliance; you could also look in your local library or on the Internet. Contact Depression Alliance for our Depression Reading List, which suggests useful books, tapes and websites on depression.

Treatment

Treatment for SAD can involve a range of options including medication, talking treatments and self-help. Depression Alliance can send you more detailed information on these options.

Light therapy can also be very effective in getting rid of the symptoms of Seasonal Affective Disorder. A treatment plan of regular exposure to bright light from a special lamp can lift this form of depression very quickly.

The preferred level of light is about as bright as a spring morning on a clear day and for most people sitting in front of a light box, allowing the light to reach the eyes, will alleviate most symptoms. The user does not have to stare at the light, but can watch TV or read.

How many people does it affect?

The standard figure says that around 2% of people in Northern Europe suffer badly, with many more (10%) putting up with milder symptoms ('sub-syndromal SAD' or the 'winter blues').

Across the world the incidence increases with distance from the equator, (except where it snows, when it becomes less common). More women than men are diagnosed as having Seasonal Affective Disorder.

Useful Organisations

SADA (SAD Association)
01903 814 942
www.sada.org.uk
(recorded information line)

Saneline
08457 678 000
www.sane.org.uk
(open 12pm – 2am every day)

NHS Direct
0845 46 47
www.nhsdirect.nhs.uk
(Open 24 hours)

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

- SAD is an illness, which can be treated
- Treatment can involve a range of options
- You are not alone

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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SE1 7JB



Depression Alliance Scotland
3 Grosvenor Gardens
Edinburgh
EH12 5JU



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

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.

www.depressionalliance.org
information@depressionalliance.org

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

If you experience
Seasonal Affective Disorder,
don't worry –
you are not alone.



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