



Useful Contacts

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

Depression Alliance: information, support and understanding to those who are affected by depression

Website: www.depressionalliance.org

Tel: 0845 123 23 20

MIND: A Leading mental health organisation

Website: www.mind.org.uk

Info line: 0845 766 0163

Samaritans: Confidential support for anyone in a crisis

Tel: 0345 909090 (Local Call Rate)

Headway: The Brain Injury Association

Website: www.headway.org.uk

E-mail: enquiries@headway.org.uk

Tel: 0115 924 0800

Saneline: information and support for anyone affected by mental health problems including families and carers.

Website: www.sane.org.uk

Tel: 0845 767 8000

Stroke Association

Website: www.stroke.org.uk

Tel: 0303 3033 100

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিবিকউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात किजीये, या ईमेल किजीये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tîp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwp.nhs.uk

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Brain Injury and Depression

**Acquired Brain Injury Service
Acorn Suite
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ
Tel: 01244 389252
Fax: 01244 389255**

What is depression?

Depression is one of the most common emotional reactions to brain injury. For some depression may be an early reaction to the trauma of the brain injury and disability. For others, it may develop as they struggle to cope with everyday tasks. In either case it is an understandable reaction to what you are going through.

Depression after brain injury

We all feel down at times but symptoms of depression are persistent and can last for weeks or longer.

Many symptoms associated with depression are common after a brain injury so it can be very difficult to diagnose.

Symptoms of depression include:

- Persistently feeling hopeless or worthless
- Loss of interest and motivation
- Changes in appetite
- Problems sleeping
- Suicidal thoughts and feelings

What can I do to help?

If you are experiencing any of this, you may feel that nothing can help, but deciding to do something is the most important step you can take.

Seek professional advice

Speak to your GP about how you are feeling. Your GP may talk to you about prescribing antidepressant medication.

Also, speak to someone at the ABI service who can provide you with strategies for managing your depression.

If things get more serious and there is a risk you might hurt yourself call your GP, the Samaritans (0345 909090), 999, or go to A&E.

Talk to others

Tell those close to you how you feel. It can be a great relief to share experiences and they may be able to help you to think things through.

Managing your depression

Look after your body

- Eat well: The way your body feels has an impact on your emotions. Choose a healthy balanced diet and try not to skip meals.
- Avoid alcohol: Alcohol is part of a group of drugs called 'depressants', which means it can make you feel worse. Alcohol affects your ability to achieve deep sleep and drinking too much can also lead to further health problems. Plus, alcohol and brain injury tend to be a bad mix as your brain is more sensitive to the effects.
- Exercise: Try to take part in some gentle physical activity for 20 minutes a day. The endorphins released during exercise can improve mood.

Challenge negative thoughts

When someone is depressed they often tend to think and expect the worst of themselves, their life and the future.

Try to explore and change negative thinking patterns:

- Note when your mood is very low
- Write down unpleasant thoughts you are having at the time
- Remember thoughts are just thoughts, they are aren't always true
- Try to write down arguments against these thoughts or alternative ways of thinking about things
- Imagine what you would say to a friend if they were thinking the same way
- Remind yourself it is understandable to feel this way

'**Living Life to the Full**' is a free online resource that can help you learn how to challenge negative thoughts and teach you about other cognitive behavioural techniques for depression – visit www.lttf.com to find out more.

Get Involved

Try something new. Learning new things can be fun, help build your confidence, and lift your mood. Creative activities such as drawing and writing are also a good way to express feelings.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.