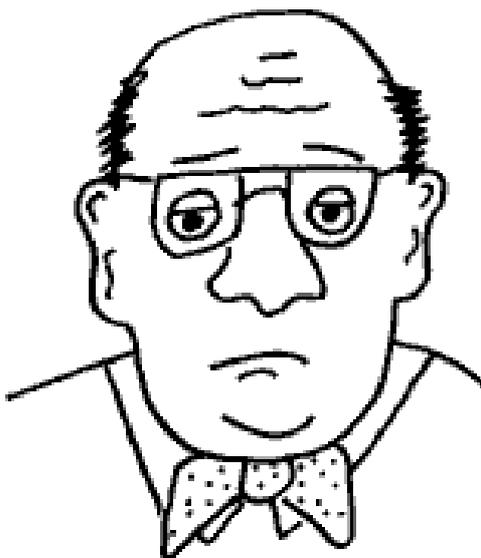


Depression:

A self help guide

Name:



This is a self-help guide for
people living with a Learning
Disability.

Created by:
CWP Learning Disability Psychology

What is depression?

**No interest
in things**

Low mood

**Thoughts of
death**

**Thinking bad
about yourself**

No energy

Feeling guilty



**Hard to
think**

Here is an example of someone who is depressed:

“I feel so alone, I don’t see friends anymore. I’m not good enough to have friends anyway and they probably don’t like me just like everyone else. People will never like me and things are never going to get better so what’s the point. I am just worthless.”

Is it normal to feel depressed?

Everybody can feel down or low sometimes. One out of four people get depressed, Depression can happen to anyone.

It can happen when you lose someone close to you

It can happen if you are being bullied by someone.



Feeling low sometimes is normal.

If you are feeling low everyday then this is called depression.

You can learn how to improve your mood.

This workbook will tell you what it means to be depressed (**Part 1**) and tell you what you can do to help yourself (**Part 2**).

There is lots of information in this workbook
Read one page at a time.

Part 1

What makes you feel depressed?

Knowing what makes you feel depressed is important. When you know what makes you feel depressed you can do something about it.

Here are some examples of things that can make people feel depressed...

- Thinking about people who have passed away (if you have lost someone then you might want to read the bereavement self help guide).
- Problems with family or friends
- Things not working out as you wanted it to
- Feeling lonely
- People saying bad things about you (if so it is important to tell someone that you trust)

Sometimes it's hard to know what makes you feel depressed. It can help to talk to someone about how you feel.

**What things make you feel depressed?
Write here....**



Depression can affect you in different ways:

How you feel

Depression can make your body feel different

How you think

Depression can change the thoughts in your head

How you behave

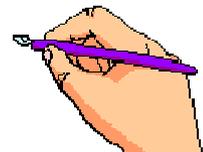
Depression can change what you do

Feelings

These are some examples of how people can feel when they are depressed.

- Tired
- Headaches
- Dizzy
- Anxious
- Worried
- Helpless
- Worthless
- Hurt

**How do you feel when you are depressed?
Write here...**



Thoughts

Here are some examples of what people think when they are depressed:

There is nothing to look forward to

Nobody likes me

I don't deserve to be happy

What's the point

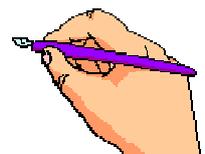
Nothing will get better

Worrying a lot

Hard to remember things

What do you think when you get depressed?

Write here...



Behaviour

When people feel depressed it can change what they do.

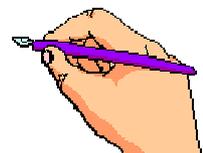
Here are some examples of what people do when they are depressed.

- Stop seeing people
- Stop doing activities that you would normally enjoy
- Sleeping a lot more or a lot less
- Eat less or more
- Stop going out

Everyone is different. ...

Even-

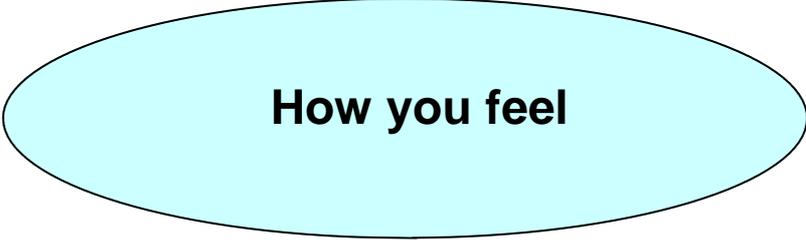
**What do you do when you are depressed?
Write here...**



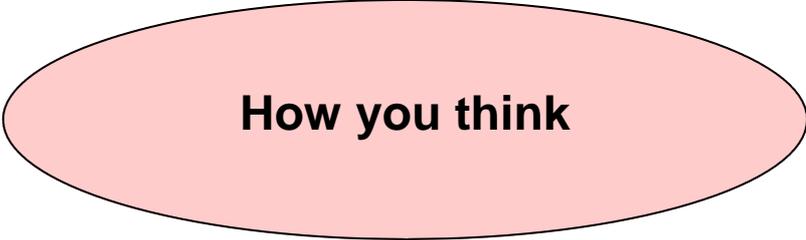
Part 2

Helping yourself to get better

Learn new skills to help you with...



How you feel



How you think



How you behave

What you can do

When you have negative thoughts:

- Take a breath
- Focus on what you see or hear around you
- Write down your thoughts or feelings in a diary as a way of getting them out



When feeling lonely:

- Talk to someone
- Go to a social event

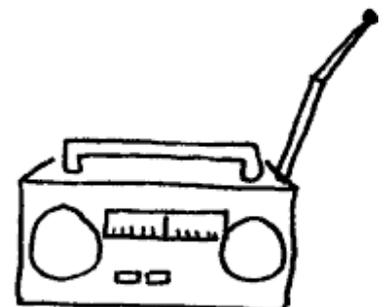


To look after yourself:

- Do some exercises

To treat yourself:

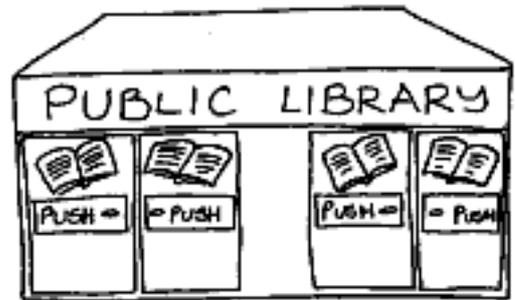
- Go for a coffee or a cake
- Have a relaxing bath
- Listen to some up lifting music



Things you can do

Plan activities:

- Do something creative
- Do things that you used to enjoy doing
- Take part in a hobby or other interest



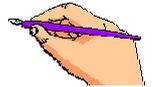
Looking after yourself

Get enough sleep

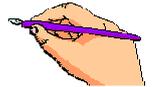
How much sleep do you get?



What healthy food do you eat?



What exercise do you do?



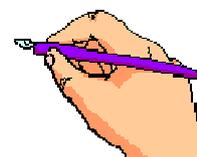
Eat healthy food

Exercise

Things you will try

What will you try to do and think? Write here :

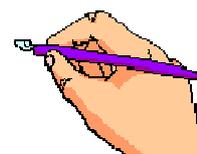
What you can do to try to **stop negative thoughts**:



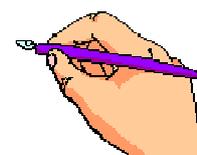
What you can do when you are **feeling lonely**:



What you can do to **look after yourself**:

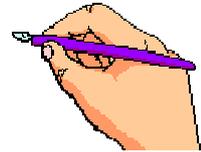


What you can do to **treat yourself**:



What have you tried and what's helped?

What have you tried? Write here....

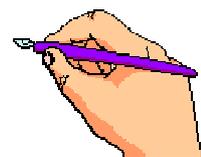


Different things you did:

How did it go/make you feel?

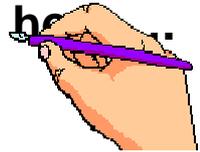
Would you try it again?

What has helped you most ? Write here...



How have these changes made you feel?

How did these changes make you feel? Write here...



Different things you did made you feel:

Different things you thought made you feel:

Where you can find extra help

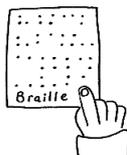
You can find these online. Just type the name into google:



Or you can ring them:

- Big white wall: 020 70601677
- Mind: 0300 123 3393
- Saneline: 0300 304 7000
- Samaritans: 08457 67 80 00

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

© CWP NHS FoundationTrust

The information in this leaflet was valid at the date of production **February 2019** and is due for review in **February 2021**

Leaflet code: E-DASH-15-671