



Low Mood

Symptoms of depression

The following symptoms may be caused by depression, lasting more than a few weeks at a time:

- **Little interest or pleasure in doing things**
- **Feeling hopeless**
- **Trouble falling asleep or sleeping too much**
- **Feeling tired or having little energy**
- **Poor appetite or overeating**
- **Low self-esteem, feeling bad about yourself or that you have let your family down**
- **Trouble concentrating**
- **Moving so slowly that other people have noticed OR**
- **Being so fidgety or restless that you cannot sit still**
- **Thoughts about hurting yourself or that you would be better off dead**

Helping prevent depression

- **Healthy diet: eating healthily has been shown to have a positive effect on mood**
- **Regular exercise**

- **Keep active: starting a hobby, a sports team or community project can help**
- **Have a routine: this can help with sleep also**
- **Mindfulness: see below for support in this**
- **Talking about your feelings / support groups: for some people this can be friends of family, others this can take the form of writing e.g. a blog, diary**
- **Keep a mood diary**
- **Cut down alcohol**
- **Stop smoking**

Treatments

These depend on the severity of your symptoms. For mild depression, many of the self-help advice about can be useful. However, if this isn't improving or your symptoms are more severe, your doctor may recommend the following:

Talking therapy (psychotherapy):

- **Counselling:** talking therapy with a trained therapist to help you find ways to deal with emotional issues
- **Cognitive behavioural therapy:** can help to change the way you think and behave

Medication: there are different types of antidepressants which can be used for moderate to severe depression and need to be prescribed and monitored by a doctor. These are not initiated by DCA.

- **Selective Serotonin Reuptake Inhibitors** e.g. citalopram: increase the amount of serotonin (a good mood chemical) in the brain. The possible side effects usually improve after 1-2 weeks (including possible nausea, headache, dry mouth libido changes). These medications are not addictive and although it is recommended to take for a least 6 months to reduce the chances of your symptoms returning, it is not always needed to take them in the long term.
- **Tricyclic Antidepressants** e.g. amitriptyline: increase chemicals in the brain to lift mood. Similarly, any possible side effects usually improve after 10 days.
- **Others:** mirtazapine, venlafaxine and duloxetine are other possibilities which generally are used if the above are not working well.

Specialist psychiatric input: if your symptoms are very severe or if you are experiencing hallucinations, your doctor may refer you to see a psychiatrist who may offer other treatments.

Crisis

If you should be feeling overwhelmed or having any thoughts about harming yourself or ending your life, please contact a doctor immediately. You can contact your GP urgently or attend your local Accident and Emergency.

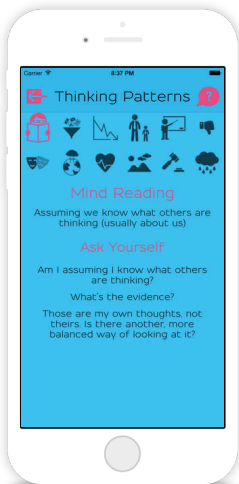
Samaritans is a 24-hour line support line if you need to talk to someone.

[Visit website](#)

Support

There are many sources of publicly available information on managing anxiety from apps, leaflets and websites. We recommend the following:

Apps



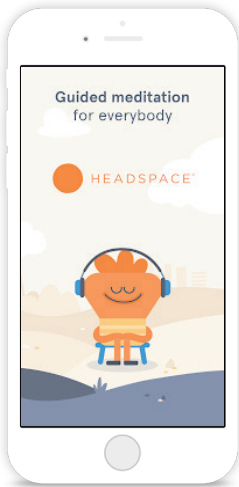
What's Up? - Mental Health App

Android

iOS

What's Up? uses CBT techniques and is interactive as well as tracking levels of anxiety.



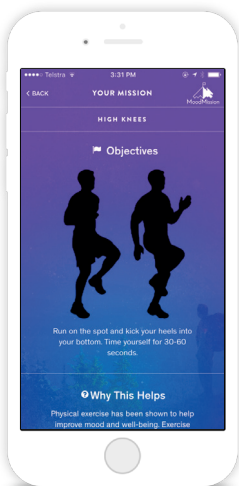


Headspace: Guided meditation

Android

iOS

Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.

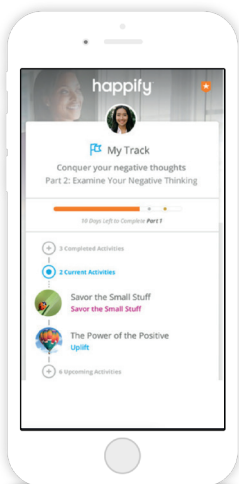


Mood Mission

Android

iOS

Reactive activities based on your mood, providing mental health strategies that are quick and easily achievable.



Happify: for Stress and Worry

iOS

Activities and games to elevate your mood and with emotional wellbeing.





Websites

MIND: Organisation supporting mental health issues including depression.

[Visit website](#)

Relate: organisation supporting relationship issues.

[Visit website](#)

ReThink Mental Illness: Advice and support for a variety of mental health issues.

[Visit website](#)

NHS choices information on depression:

[Visit website](#)

Online therapy, in written format with trained therapists:

[Visit website](#)

Silver Cloud: Online courses in CBT and other talking therapies.

[Visit website](#)



Leaflets

Mood Juice: Self-help for depression (and also CBT)

[Read more](#)

Patient.co.uk: Depression leaflet.

[Read more](#)

Need more help?



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