

How to help others?

- Just listen
- Provide welcoming and non judgemental environments
- Check in on friends and colleagues
- Inform peers and colleagues about information, campaigns and services
- Don't feel like you have to have all the answers



Contact us

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Depression and wellbeing

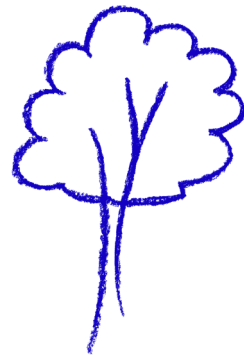


At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community. Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Advocacy
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. When you choose who to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to us or to local services.



Friends and family can help

You can not force anyone to get help if they do not want to. So it is important to reassure your friend/ family member that it's ok to ask for help, and that there is help out there, when they are ready.

Be open. Lots of people can find it hard to open up and speak about how they're feeling. Let your friend or family member know that it's ok to talk about what they may be experiencing.

Keep in touch. Even just a text message or email to let them know that you are thinking of them can make a big difference to how someone feels.

Don't be critical. If you've not experienced depression yourself, it can be hard to understand what your friend or family member is experiencing. It is likely they are being very critical and harsh towards themselves already.

Everyone will need different support. Talk to your friend or family member about what support they might find useful and identify what they can do for themselves.

Your mental health is important too. Considering someone else's mental health could put a strain on your wellbeing. Make sure to check in with yourself, be mindful and support your own wellbeing

Consider your physical health

Experiencing depression can make it hard to find the energy to look after yourself. But taking steps to look after your physical health can make a difference to how you feel:

- Try to get good sleep. For lots of people experiencing depression, sleeping too little or too much can be a daily problem. Getting good sleep can help to improve your mood and increase your energy levels.
- Think about your diet. Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels.
- Keep active. Many people find exercise a challenge, but activities like yoga, swimming or walking can be a big boost to your mood. Taking the stairs or chair based exercises can be a great start.
- Try to look after your hygiene. When you are experiencing depression, it's easy for hygiene to not feel like a priority. But small things, like taking a shower and getting fully dressed whether or not you're going out of the house, can make a big difference to how you feel.
- Avoid recreational drugs and alcohol. While you might want to use recreational drugs or alcohol to cope with difficult feelings about yourself, in the long run they can make you feel worse and can prevent you from dealing with underlying problems.



Services and support

HEH Mind services and support are available across the Havant Borough and East Hampshire District, including areas such as: Hayling Island, Waterloo, Emsworth, Petersfield, Alton, Bordon and Bentley. Additionally we have some projects and service that are delivered across Hampshire.

It's important to ask for help because you don't need to cope with these difficult experiences alone.

There are many health professionals who you can talk to about your mental health, and who can provide you with support in several different ways.

These may include general health or specialist support services, such as your GP, your local Mind and or Samaritans.

There is a range of other support and services including:

Anxiety UK — anxietyuk.org.uk

Campaign Against Living Miserably— thecalmzone.net

Do-it (Volunteering) - do-it.org

Side by Side (peer to peer forum) — sidebyside.mind.org.uk

Papyrus (Crisis support Under35's) - papyrus-uk.org

Sane Support Forum — sane.org.uk



What is depression

Depression is a low mood that lasts for a long time, and affects your everyday life.

In its mildest form, depression can mean being in low spirits. It does not stop you leading your regular life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can lead to suicidal ideation.

Sometimes you may see signs to indicate someone you know is not feeling well. Importantly though, not everyone openly displays their signs. So it is always worth asking “are you ok?”

Points to consider

- Mental health illness affects 1 in 4 every year in the UK (National Mind)
- Mixed anxiety and depression has been estimated to cause one fifth of days lost from work in Britain (Mental Health Foundation)
- Depression is the most diagnosed illness in the world (World Health Organisation)
- 303 people in Hampshire took their own life between 2014-16. That's nearly 2 a week

Talk to someone you trust

It can feel hard to start talking about how you are feeling and that is ok. Many people find that sharing their experiences can help them and actually help establish stronger relationships. It may be that just having someone listen to you and show they care can help in itself.

If you are not able to open up to someone close to you, the Samaritans run a 24-hour helpline that you can call to talk to someone confidentially.

If you are struggling with symptoms of a mental health illness, consider visiting your GP. They will know about local support and services available.



How to help others/ yourself

Experiencing depression can be very difficult, but there are steps you can take that might help.

- Talk to someone you trust (GP, friend, family member, colleague)
- Try peer support (local Mind, community groups)
- Try mindfulness
- Look after your physical health
- Stay active
- Keep a mood diary
- Spend time in nature
- Practise self-care



Different types of depression

If you are given a diagnosis of depression, you might be told that you have mild, moderate or severe depression. This describes what sort of impact your symptoms are having on you currently, and what sort of treatment you are likely to be offered. You might move between mild, moderate and severe depression during one episode of depression or across different episodes.

There are also some specific types of depression:

Seasonal affective disorder (SAD) – depression that occurs at a particular time of year, or during a particular season.

Dysthymia – continuous mild depression that lasts for two years or more. Also called persistent depressive disorder or chronic depression.

Prenatal depression – depression that occurs during pregnancy. This is sometimes also called antenatal depression.

Postnatal depression (PND) – depression that occurs in the weeks and months after becoming a parent. Postnatal depression is



Signs and symptoms

How you might feel

- Down, upset or tearful
- Restless, agitated or irritable
- Guilty, worthless and down on yourself
- Empty and numb
- Isolated and unable to relate to other people
- Finding no pleasure in life or things you usually enjoy
- A sense of unreality
- No self-confidence or self-esteem
- Hopeless and despairing
- Suicidal



Signs and symptoms

How you might behave

- Avoiding social events and activities you usually enjoy
- Self-harming or suicidal behaviour
- Difficulty speaking, thinking clearly or making decisions
- Losing interest in sex
- Difficulty remembering or concentrating on things
- Using more tobacco, alcohol or other drugs than usual
- Difficulty sleeping, or sleeping too much
- Feeling tired all the time
- No appetite and losing weight, or eating too much and gaining weight
- Physical aches and pains with no obvious physical cause moving very slowly, or being restless and agitated.

