

Depression and Low Mood - Easy read information

You are here:

[Home](#) > [Easy read](#) > Depression and Low Mood - Easy read information

About this guide



A member of staff or a carer can support you to read this guide. They will be able to answer any questions that you have.

About this guide

- This guide is about depression and low mood.
- It will tell you the signs of depression and low mood.
- It will tell you some things that might help you feel better.

What is depression?



Depression is a very common problem. It can happen because of having lots of worries. Some of the things people worry about are money, housing, relationships, losing someone you are close to, or when someone you love dies.

Sometimes, having worries like these gets in the way of your daily life.



In time, most people feel OK again.

But it may be hard to do this without help.

What we know about depression



When life is hard people can get depressed.

People who are depressed think very badly about themselves.



It will help if you can change the way you think about things.



How you think about yourself is very important.



Having gloomy negative thoughts



Everyone has negative thoughts sometimes. This means you think badly about yourself and your life.



People do not usually think about them for very long.

When you are depressed you cannot get them out of your mind.



These are some of the things you might feel if you are depressed



Emotions or feelings

- Feel sad, guilty, upset or hopeless
- Losing interest in things
- Crying a lot
- Not being able to cry when something sad happens
- Feeling you are on your own
- Feeling angry and irritable about small things



Physical Signs

- Tiredness
- Sleep problems
- Feeling worse at a particular time of the day – usually morning
- Changes in weight or appetite



Thoughts

- Losing confidence in yourself
- Expecting bad things to happen
- Thinking everything seems hopeless
- Thinking you hate yourself
- Forgetting things and not being able to concentrate



Thinking of harming yourself? Talk to someone about this straight away.



Behaviour

- Find it difficult to make decisions
- Cannot be bothered to do things
- Put off doing things
- Not do things you used to enjoy
- Having sad thoughts

Sleep problems	✓
Crying a lot	✓
Put off doing things	✓
Hate yourself	✓
Tiredness	✓

If you are feeling lots of these things you may be feeling depressed.

How can I help myself?



Here are some things to do:

1. Make a plan of things to do each day

- Start by doing the easiest thing.
- Tick things off the list as you do them.
- At the end of the day you will be able to see what you have done.
- Try to make sure you do something nice every day.

2. Meet with friends, family and neighbours.



3. Join in activities.

4. Take some exercise each day.



5. Do things you enjoy.



Looking at the good as well as the bad



When you start to think badly about yourself, try to think about something good as well.

Further help



We hope you will find this guide helpful. Using the ideas in the booklet should help you to feel better.

If they don't then you may need more help.

You should speak to someone you trust or your family doctor.



If you have been thinking about harming yourself you should tell someone you trust straight away.

Where can I get help?



These organisations can give you help and advice:

Mind Infoline

Help, information and support.

Telephone: [0300 123 3393](tel:03001233393)

Email: info@mind.org.uk (<mailto:info@mind.org.uk>)

www.mind.org.uk (<http://www.mind.org.uk>)



Samaritans

Support for people in a crisis.

Telephone: [116 123](tel:116123)

Email: jo@samaritans.org (<mailto:jo@samaritans.org>)

www.samaritans.org (<http://www.samaritans.org>)



You can also get help and information from your doctor or nurse.

Acknowledgement



Easy Read version developed by:

- Skills for People Telephone: 0191 281 8737
Skills for People is a registered charity no. 1069993
- Easy To Read Health Information Group
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Adapted from Depression and Low Mood - A Self Help Guide written by Dr Lesley Maunder and Lorna Cameron. Developed from an earlier manual by Sheila Sharkey and Kevin Gibson
www.cntw.nhs.uk/selfhelp (<http://www.cntw.nhs.uk/selfhelp>)

Published by the Patient Information Centre
2022 Copyright, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
Ref, PIC/553/0422 April 2022 V3
Review date 2025