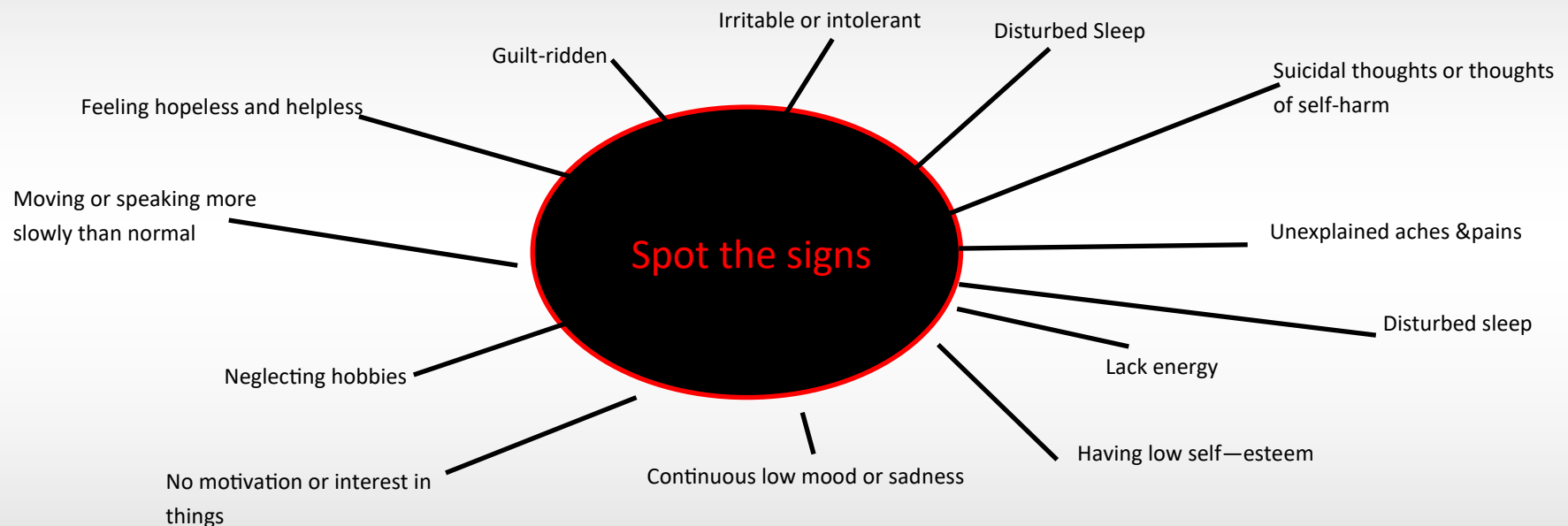




Mental Health—Depression

Depression is more than simply feeling UNHAPPY or FED UP for a few days. Most people go through periods of FEELING DOWN, but when you are DEPRESSED you feel persistently SAD for weeks and months, rather than a few days.



Some people think depression is a trivial and not a genuine health condition, they're wrong — it is a real illness with real symptoms .

Depression isn't a sign of weakness or something you can "*snap out of*" by "*pulling yourself together*"

Its important to seek help from your GP if you think you maybe depressed

Many people wait a long time before seeking help for depression, but its best not to delay, the sooner you see a doctor, the sooner the road to recovery can begin.

Who can help?

- **NHS UK**
- **Your GP**
- **MIND Tel : 03001233393**
- **Samaritans Tel : 116 123**