

# Depression

Everyone feels sad or upset sometimes. Those feelings are a natural response to difficult experiences and will pass. If you are affected by depression, the feelings of sadness persist. The fact that the sufferer cannot 'snap out of it' adds to the negative feelings they are experiencing.

## What can depression feel like?

- Feelings of guilt or worthlessness
- Loss of concentration
- Unable to concentrate
- Suicidal thoughts
- Insomnia or excessively tired
- Change in appetite
- Lack of energy
- Feeling numb or empty

## What causes depression?

There is no one cause and sometimes the cause is not obvious.

## Risk Factors include:

- Suppressed anger
- Self-expectations
- Life events
- Changes in hormonal balance
- Childhood events
- Feelings of isolation
- Illnesses
- Drug/alcohol abuse
- Family trait

## What we offer

- Togetherall – online support network
- Same day appointments (email to book)
- Bookable appointments (email to book)
- Counselling
- Workshops and Groups programme

## What can you do to help yourself?

**Try to break the cycle.** Find things to do that help you to forget things for a while. Try to be active or creative so you are less concerned with your thoughts. Look after yourself, eat your favourite foods. Change your environment. Take a break from your usual routine.

**Try to recognise your negative thoughts.** Try to replace them with a more constructive activity. The depression is more likely to continue if you stop yourself expressing your feelings and cut yourself off.

**Seek support.** Ask for help, either from a trusted friend or family member or access support from the Wellbeing Team. They can listen and help you think things through. We have Advisers and Counsellors who will listen to you and explore options to help you move forward.

**Visit your GP.** There are a wide range of treatments for depression, but for many a combination of counselling and antidepressants is most effective. A GP can help you find an antidepressant that suits you. They are not addictive, and while they don't take away the cause of the depression, they can lift your feelings so you can start dealing with it. The drugs do take time to take effect but your GP will help you find one that's right for you.

You can also access our range of workshops and groups – you can find full details of these online.

## Get help

Self-help: [hud.ac/k4o](http://hud.ac/k4o)

In person: Wellbeing and Disability Services, Level 4, Student Central.

Email: [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk) Tel: 01484 471001 Web: [hud.ac/wellbeing](http://hud.ac/wellbeing)