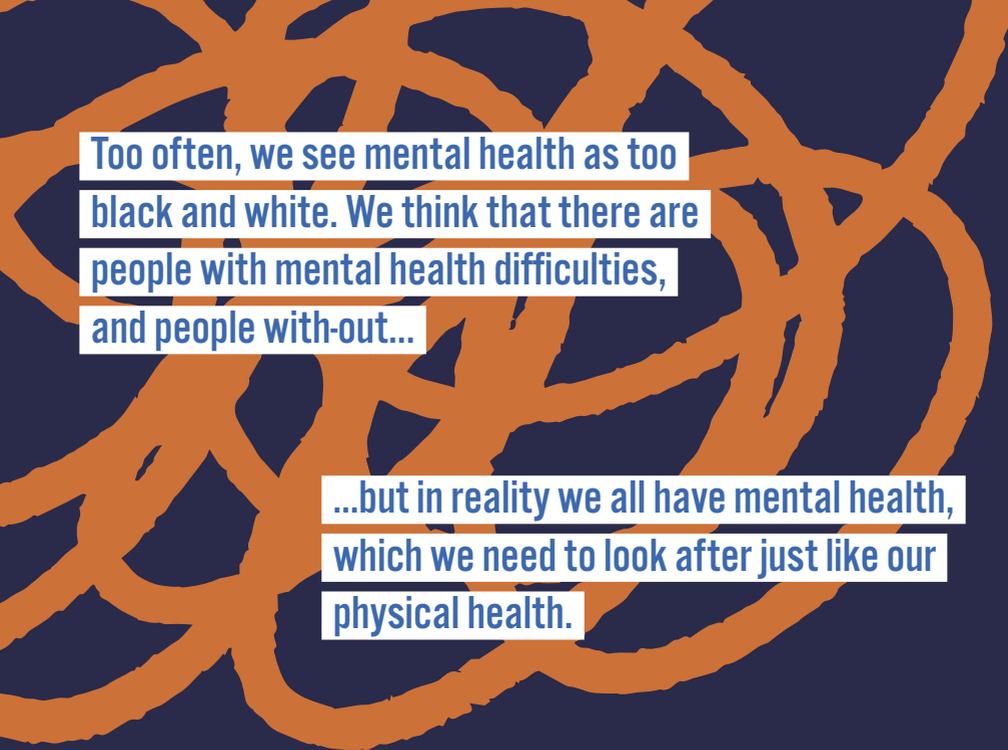


# FEELING LOW IN MOOD

What are the symptoms of depression, and how can you access help?





Too often, we see mental health as too black and white. We think that there are people with mental health difficulties, and people with-out...

...but in reality we all have mental health, which we need to look after just like our physical health.



# WHAT IS DEPRESSION?

Depression is a common mental health difficulty. For a high proportion of people it is treatable with Cognitive Behavioural Therapy (CBT).

Do you recognise any of the symptoms below in yourself? Low mood effects everyone differently, but these are some of the common symptoms:

## Unhelpful Thoughts e.g

- I'm a failure
- I have no future
- I'm bad at my job
- People don't like me
- Things will never get better
- I can't be bothered
- I'd be better off dead

## Behavioural Changes

- Doing less of the things you used to enjoy
- Drinking more alcohol
- Dwelling on past mistakes
- Doing more numbing activity e.g. social media
- Not getting jobs done e.g. housework

## Physical Symptoms

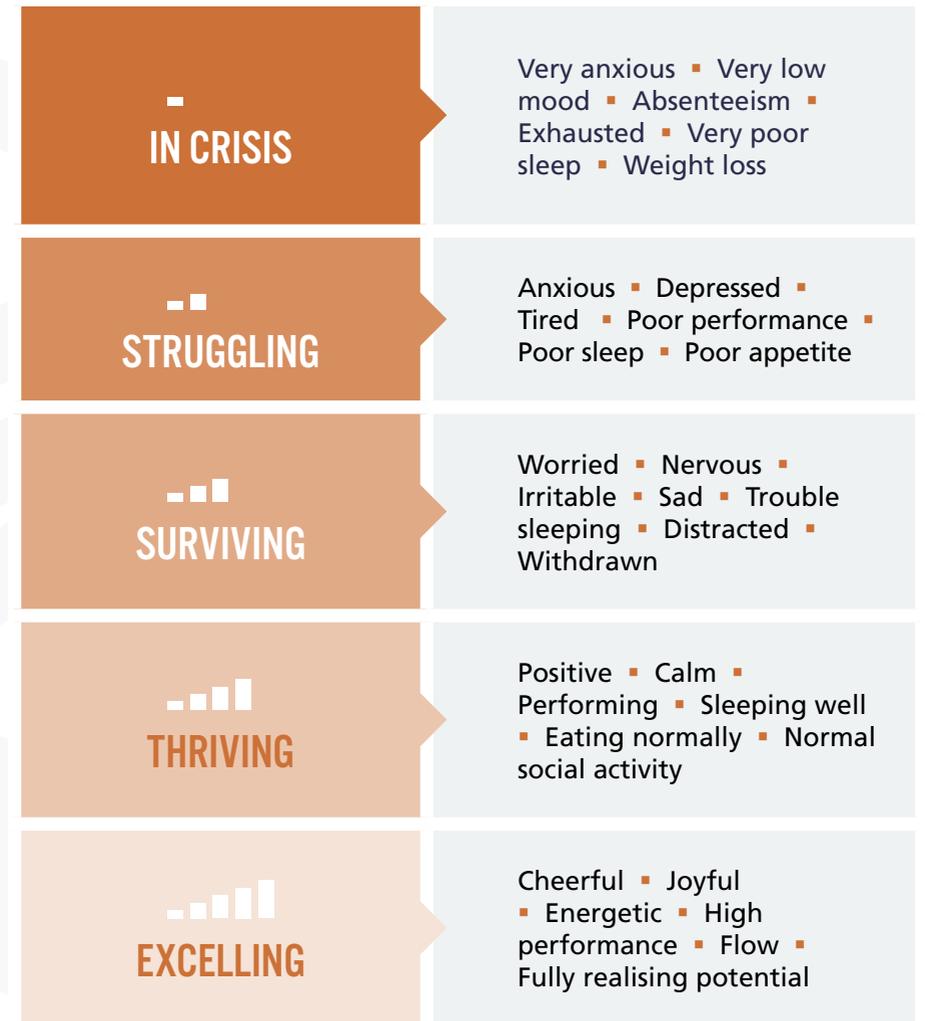
- Loss of interest and pleasure
- Changes in sleep
- Poor concentration
- Low energy/fatigue
- Tearfulness
- Feeling slowed down, or finding it hard to keep still
- Irritability



# WHERE ARE YOU ON THIS SCALE TODAY?

Just as our physical health changes from one day to the next, so does our mental health. We don't feel in peak condition every day.

But if we felt very physically unwell, or if mild symptoms persisted for longer than a few weeks, we would seek help. We should all give our mental health the same attention.



# HOW DOES COGNITIVE BEHAVIOURAL THERAPY (CBT) WORK?

CBT is a very practical type of talking therapy which focusses on making changes in the here and now.

We look at how the symptoms of depression cause a vicious cycle.

When you feel depressed you feel physically unwell, and don't enjoy things like you used to. It's therefore understandable that you would do less. Unfortunately, the less you do, the more hopeless the future seems and the more self critical you're likely to become.

This will then increase your physical symptoms, and you will want to do even less. The cycle continues.

We aim to understand how this cycle applies to you personally, and will break this cycle together by trying out tools and techniques.

## How Common is depression in front-line workers?

- Since the start of COVID-19, studies have found very high rates of depression symptoms among front-line workers.
- Salari et al (2020) reported 24% of front-line workers are depressed.

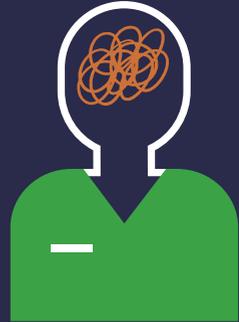
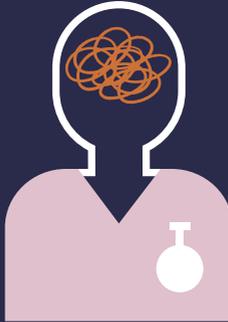
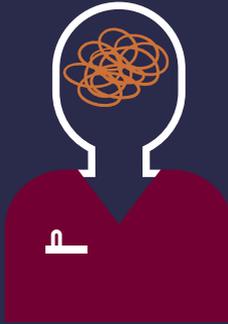
# HOW DO I GET HELP?

There is now a service dedicated to helping staff who may be experiencing common mental health difficulties.

- You can refer yourself online.
- It's completely confidential.
- If you like you can come just for a chat with a professional to see whether any further help is needed.
- If it is thought that you need further support, there are a range of treatment options.
- All treatment options have a good evidence base to show that they work, such as Cognitive Behavioural Therapy (CBT).

[www.sussexstaffinmind.nhs.uk](http://www.sussexstaffinmind.nhs.uk)





**WE'RE HERE FOR YOU.  
YES, YOU TOO.**

[sussexstaffinmind.nhs.uk](https://sussexstaffinmind.nhs.uk)

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