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Foreword

Each and every one of us experiences times in our day to day lives, when we feel 'down' or a 'little blue'. These times can be the result of anything small or significant occurring, depending upon the type of character we are. For example, an upsetting phone call from a relative, a bad day at work, a harsh commute, the end of a relationship or simply turmoil in our own homes.

This 'blue' mood may make us feel a little lethargic for a while. We may feel like we can't be bothered to try and put things right, we may even have a little cry to get the upset out of our systems. We may discover our sleep gets disturbed on one or two nights or we may comfort ourselves with food.

But after a while these feelings pass.

We slowly return to 'normal'.

This is not considered depression, even if you do say to colleagues or friends that you 'felt' depressed for a while. This relatively short experience is described as having a low mood.

Depression on the other hand, usually lasts for two weeks or more.

Constantly.

And it also has greater effects on the sufferer. Unfortunately, the symptoms are many and varied and can be missed or mistaken for some other medical condition.

But put simply, if you have a low mood that lasts continuously for more than a fortnight and you have a real hardship just to simply get through each day, then you must visit a GP for a thorough assessment and medical check-up.

Depression will not go away on its own. You cannot stick your head in the sand like the proverbial ostrich and hope

everything gets better without your input. It takes more than just being able to pull yourself together.

Depression is not a weakness. It does not make you any less of a man or a woman because you suffer from it. It's a very common condition, affecting one in five adults during their lifetime.

If you're reading this book, then I'm going to assume you've already been diagnosed by your doctor, or you at least strongly suspect that you have this condition. If so, let's take a good long look at what is ailing you.

Knowledge is power, and by knowing what you are up against, it will arm you in the fight ahead to regain your health.

It can be beaten.