

Journeys has a range of self-help publications and practical resources available. We also have more detailed booklets covering talking therapies, CBT & antidepressants.

If you think you may be depressed you should always seek professional help.

Talk to your GP about all your treatment options.

If you decide to use a particular treatment make sure you are fully informed.

Don't just rely on treatments like medication and talking therapies, try other things too.

Be as active as you can in promoting your own recovery. This starts with asking for help.

Journeys is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

Journeys takes a holistic approach to overcoming depression through guided self-help and the development of skills and strategies. We help people to find their own route to recovery, building the foundations for sustainable and long-term wellbeing.

We facilitate a network of self-help groups where people can share experiences and coping strategies; offer information and advice; provide a unique range of publications and practical resources covering many depression related topics; run training courses to help people understand, manage and recover from depression; and co-ordinate mutual support services. We also offer a free information pack.

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Treating Depression

There are many ways that depression can be treated. With the right help and support you can find your road to recovery.



To request a free information pack or to find out more please contact us.

Call 029 2069 2891

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What is depression?

Everyone feels sad or upset sometimes, it is a normal response to difficult or distressing experiences. Depression is different. It is a serious condition that involves symptoms that are so intense that they interfere with day to day living over a prolonged period of time.

This includes feelings of hopelessness, helplessness, low self-esteem, sleep disorders and physical aches and pains.

Depression is an easily treatable condition and with the right treatment and support the vast majority of people will make a full recovery. Left untreated it can become a severe and sometimes life-threatening illness. It is important to seek professional help.

Treating depression

There are a number of treatments and services available, as well as a variety of self-help skills and strategies you can learn to use. There is no single 'best treatment'. Depression is a very individual experience and different things work for different people. Most people find their route to recovery using a combination of approaches.

Going to see your doctor is the first step to accessing treatments and services. You can also access services, resources and information through voluntary organisations like Journeys. Some resources and services are available to buy. Before you use any of these you should carefully research their usefulness and the credibility of the people who have developed or sell them.

Treatments

Treatments can be broken down into the following categories:

- ⇔ Non-medical interventions
- ⇔ Talking Therapies
- ⇔ Antidepressants
- ⇔ Specialist interventions
- ⇔ Self-help

Non-medical interventions

There is a wide range of non-medical interventions available that have been shown to be helpful in preventing and alleviating depression. They are particularly useful to people experiencing mild-moderate depression but may benefit others too.

Non-medical interventions include:

- ⇔ Self-help books on prescription
- ⇔ Guided self-help
- ⇔ Self-management training
- ⇔ Exercise on prescription
- ⇔ Computerised Cognitive Behavioural Therapy

Remember that your doctor may not be aware of everything that is available in your area. If you are interested in trying something you could take this leaflet with you and ask them to find out for you.

Talking therapies

There are a variety of talking therapies and they are based on many different theories and practices. If you are offered a talking therapy by your doctor it will most likely be counselling or Cognitive Behavioural Therapy (CBT). Counselling will allow you to talk about how you are feeling and any problems or worries that you have. CBT focuses on tackling problematic thoughts and behaviours.

Antidepressants

If your depression persists or if it is moderate-severe, your doctor may offer you an antidepressant. As with any medication you should discuss with your doctor how long he/she expects them to take to work, what to expect and any potential side-effects. There are more than 30 antidepressants available, so your doctor should be able to find one that works for you.

Evidence suggests that a combination of antidepressant medication and talking therapies is the best treatment for moderate-severe depression.

Specialist interventions

If your depression is particularly severe or if you have not responded to other treatments, you may be referred to a Community Mental Health Team (CMHT). A CMHT is made up of a variety of professionals, including:

- ⇔ Psychiatrists
- ⇔ Community Psychiatric Nurses
- ⇔ Psychologists
- ⇔ Occupational Therapists
- ⇔ Social workers

If you are referred to a CMHT you will be assessed by the team and, if appropriate, a tailored package of services will be offered. This might include:

- ⇔ A new medication regime
- ⇔ Talking therapies
- ⇔ Occupational therapy, art therapy, music therapy or drama therapy
- ⇔ Skills training in things like assertiveness or anxiety management
- ⇔ Access to activities
- ⇔ Attendance at a day unit

Where depression is particularly severe, you may be asked to go into hospital as a day patient or as an inpatient. While this is rare, it is an appropriate setting for people with the most severe forms of depression.

Self help

There are a number of self-help services available, as well as guided self-help training courses. Many areas have local support groups. There are also things that you can do for yourself that will help promote recovery. This includes:

- ⇔ Learning about depression
- ⇔ Learning self-management skills
- ⇔ Managing your symptoms
- ⇔ Developing coping strategies
- ⇔ Taking moderate exercise
- ⇔ Expressing your feelings
- ⇔ Improving your diet
- ⇔ Engaging in social activities
- ⇔ Learning relaxation techniques
- ⇔ Learning how to improve sleep