

SERVICES FOR DEPRESSION

Healthy Minds and Wellbeing service

*(Only by GP referral using 'Ticket to Recovery')
Mon-Fri: 9-4.30 pm*

Base 25 - 01902 572 040

*Advises people aged 11-25. Drop-in service
Mon-Thurs. 1-6pm (Fri. 1-5pm)*

Samaritans - 01902 426 422

www.wolverhamptionsamaritans.org.uk

*The Samaritans run an anonymous, confidential service
24hrs a day, 365 days a year*

SANE - 0845 767 8000 – www.sane.org.uk

*SANE runs a national, out-of-hours service -open every day
of the year from 6-11pm*

ChildLine - 0800 1111 – www.childline.org.uk

*ChildLine is a free 24 hour counseling service for
people under 19 year old*

MIND - 0300 123 3393 – www.mind.org.uk

*MIND offers advice and support for anyone over 18
with a mental health problem (Mon-Fri. 9-6pm)*

The Silver Line - 0800 470 8090 (Available 24hrs a day)

*New, free helpline which provides support to older people
who are feeling lonely*

Cruse Bereavement Care – 01902 420 055

www.crusebereavementcare.org

Offers free, confidential help to bereaved people

Big White Wall – www.bigwhitewall.com

*Big White Wall is an online free mental health network for
all Wolverhampton patients where people can anonymously
be open about what is on their mind*

OTHER USEFUL CONTACTS

NHS 111 service – www.nhsdirect.nhs.uk

*Available 24hrs a day, 7 days per week
Call 111 if you want medical help fast, but its not a
999 emergency*

Showell Park Health and Walk in Centre

*Fifth Avenue, Low Hill, Wolverhampton, WV10 9ST
Mon-Fri. 10am-8pm:Weekends 8am-8pm*

Wolverhampton Integrated Substance Misuse Service (WISMS)

*Adults: 0300 200 2400; Under 18s: 0300 200 2322 (Lines open
24/7) WISMS provides a free and confidential service to anyone with
or affected by someone else's alcohol or drug problems*

Aquarius – 01902 420 041

*Aquarius offers free and confidential support for individuals with or
affected by someone's else's problems with gambling*

FRANK- 0300 123 6600 – www.talktofrank.com

Offers free, confidential drugs advice

Wolverhampton Mental Health Empowerment Team

*Call 01902 328 978 or visit www.wmhet.org.uk for a
detailed list of local support groups*

The Haven – 08000 194 400 (24hr helpline)

*Provides practical and emotional support to women affected by
domestic violence and homelessness*

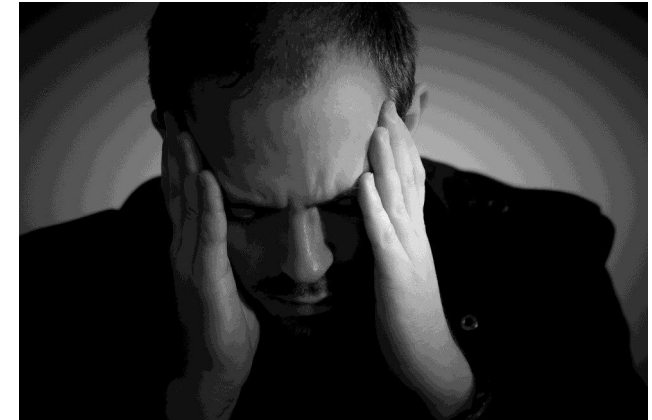
Wolverhampton Citizens Advice Bureau – 01902 572 006

*(Mon.-Fri. 9-5pm) Offers free, confidential and independent advice to
help people with money, legal and other problems*

December 2013

@Wolverhampton Clinical Commissioning Group (WCCG)

Understanding depression



Information for patients

Introduction

To feel a bit low or sad sometimes is normal.

There may be a reason for this, there may not.

These feelings usually go away within a few weeks by themselves or by simply talking to friends and family.

They have little impact on our lives.

So what is depression?

This is when you feel especially low on most days for (usually) longer than a month and have many other symptoms as well.

These symptoms might include:

Not sleeping properly, having trouble concentrating, feeling tired most of the time, eating much less or more than normal.

If you have severe depression, you may feel like harming yourself.

How is depression treated?

Actually, many patients recover completely any time within 6 months without any treatment though their GP may offer them tablets, known as antidepressants, and/or psychotherapy (see later).

So why do GPs sometimes give treatment when it may not be needed?

Patients sometimes ask for these treatments and it can be difficult for the GP to decide whether they would really help them.

In general though, if you have mild symptoms, you have no previous history of depression and it has occurred as a response to some sort of 'stress' in your life, you probably don't need treatment.

How do antidepressants work?

The most widely used group increase the levels of a chemical called serotonin in the brain.

How quickly do antidepressants work?

Within a couple of weeks you will notice a difference.

Do antidepressants have side-effects?

Yes, like all drugs but they are usually mild and tend to settle within a few weeks.

The main side-effects are feeling sick, drowsy and they can actually make you a bit more depressed and anxious in the first week.

Are antidepressants 'addictive'?

No, but if you suddenly stop taking them you may suffer symptoms such as anxiety, dizziness and headaches.

How long will I have to take antidepressants?

Guidelines say that courses of antidepressants should last at least 6 months, though many patients are happy to stop them after a few months.

What is psychotherapy?

There are many different types of psychotherapy, but they are all 'talking therapies', one of which is CBT.

What is CBT (Cognitive Behavioural Therapy)?

CBT can help to change the way you think ('Cognitive') and therefore how you behave ('Behavioural').

This is the most common form of psychotherapy used by The Healthy Minds and Wellbeing Service and can be done in a number of ways.

So what is counselling?

Counselling involves discussion about the best way to work through some difficult or painful emotional, behavioural or relationship problem.

The Healthy Minds and Wellbeing Service does **NOT** provide counselling by itself, but does as part of other therapies.