

Depression

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Impact of depression

- 1 in 4 adults affected by mental health in any given year
- Roughly 1 in 10 people will have an episode of depression in their lifetime
- Higher risk in chronic physical disease, traumatic life events, a new baby, homelessness, substance & alcohol abuse
- Up to 40% Older people living in Care Homes are affected by depression
- 9 of 10 patients with depression are Primary Care



Symptoms of Depression

Thoughts

- ✓ Losing confidence in yourself
- ✓ Expecting the worst and having negative thoughts
- ✓ Thinking you hate yourself/feeling worthless
- ✓ Poor memory or concentration
- ✓ Thinking that life is not worth living
- ✓ Feeling sad, guilty, upset, numb or despairing
- ✓ Thoughts of being alone even if you are in company



Physical or bodily signs

- ✓ Tiredness
- ✓ Restlessness
- ✓ Sleep problems
- ✓ Feeling worse at a particular time of day – usually mornings
- ✓ Changes in weight, appetite and eating
- ✓ Loss of interest in sex
- ✓ Losing interest or enjoyment in things
- ✓ Crying a lot or unable to cry when a truly sad event occurs
- ✓ Feeling angry and irritable about the slightest things



Behaviour

- ✓ Having difficulty in making decisions
- ✓ Can't be bothered to do everyday tasks
- ✓ Putting things off
- ✓ Not doing things you used to enjoy

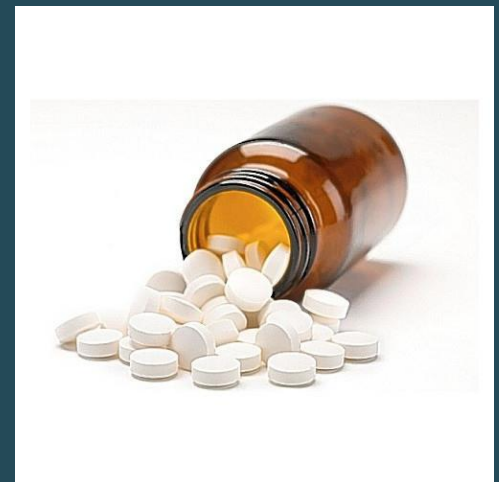




Treating Depression

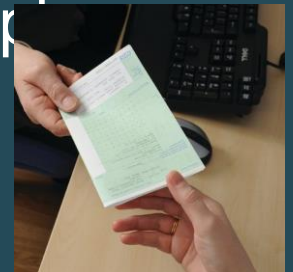
- Self care - exercise, mindfulness, relaxation techniques
- Positive Step in North Somerset
 - Guided self-help & Cognitive behavioural therapy (CBT)
- Antidepressant medication
- Psychiatric Referral
- Electroconvulsive therapy (rare)

positivestep
supporting wellness in North Somerset



Antidepressant Medication

- Treat depression, but also sometimes anxiety, obsessive compulsive disorder and post traumatic stress disorder
- Used in moderate to severe depression
- Can have a gentle onset – take 2-3weeks to work
- Often needed for 6-12months
- Recurrent Depression may need them long term
- Often work best when combined with talking therapy
- Common side effects usually mild/temporary

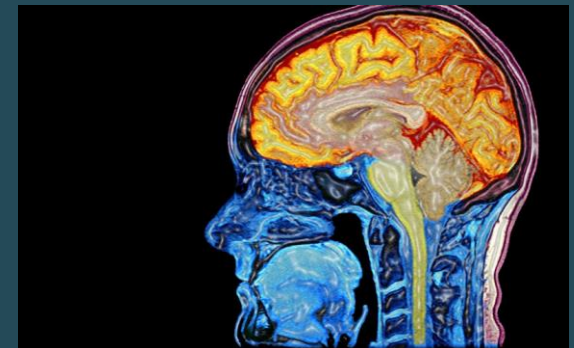


Types of Antidepressants

1. SSRI eg fluoxetine (Prozac), Citalopram, Paroxetine, Sertraline, Escitalopram
2. SNRI eg venlafaxine
3. NASSAs eg Mirtazapine
4. Tricyclic antidepressants – eg amitriptyline, duloxetine (sometimes used for nerve pain)



- Caution with St John's Wort



Suicidal thoughts

- Can be frightening but are not uncommon
- Most people who have suicidal thoughts do not kill or hurt themselves
- 17% of UK general population have considered suicide but more common in mental health
- GP will routinely ask about thoughts of self-harm or suicide as part of depression assessment and ongoing care



If you're feeling like you want to die, it's important to tell someone you trust.

- Call **GP surgery** for an urgent appointment or phone **111**
- **SAMARITANS** Call 116 123
- **Campaign Against Living Miserably (CALM)**
for men **0800 58 58 58** – 5pm to midnight every day
- **Papyrus** – for under 35s **0800 068 41 41**
- **Childline (children and young people under 19)** **0800 1111** – the number won't show up on your phone bill
- **The Silver Line** – for older people **0800 4 70 80 90**
- **If life is in danger (eg drug overdose) call 999 or go directly to A&E**

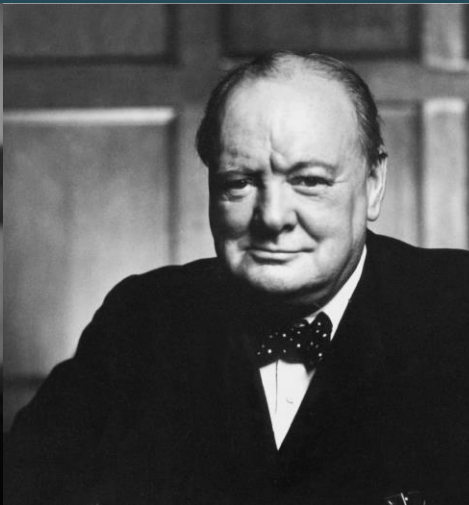
- The average length of an episode of depression is 6-8 months and
- mild depression, spontaneous recovery is likely.
- Ways to stay well....

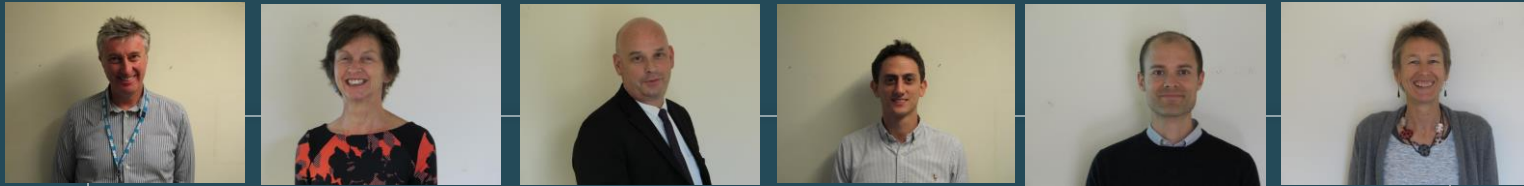


1. Depression is not a “weakness”

2. Always because of “something” eg Nothing bad has happened, how can I be depressed?

3. Telling someone to “snap out of it” or “pull their socks up” is not helpful





We are here to help you