



## **INFORMATION ABOUT DEPRESSION**

Depression is one of the most common mental health problems. Approximately 1 in 6 people will suffer from depression at some point in their lives. The experience of depression can be a very lonely one. It can lead people to feel very isolated and hopeless, and many will withdraw from others and reduce usual activity. There will be distinct changes in an individual's thinking when they are depressed, leading to negative thoughts about the self (e.g. "I'm no good", "I'm a failure"), others (e.g. "no one likes me"; "people always let me down"), and the future (e.g. "things will never get better"; "there's nothing to look forward to").

People suffering from depression will generally experience a loss in various areas of their life: a loss of motivation and interest in activities that have previously been enjoyable, a loss of feeling towards friends and loved ones, a loss of appetite and a loss of energy. Understandably these changes lead to changes in behaviour (e.g. a reduction in activity, withdrawal from others), which in turn is likely to contribute to certain thoughts and feelings. Put simply, our behaviour, thoughts, feelings and physical symptoms interact and maintain the depression.

The Psychology Clinic has a high success rate in the treatment of depression. Depression is measured closely throughout treatment, helping to inform treatment where appropriate, and track an individual's progress. The various areas contributing to and maintaining depression will be addressed. Cognitive restructuring will help to identify and challenge the negative thoughts which are contributing to low mood, and behavioural activation will help to modify behaviours that are maintaining the low mood.

For more information about depression and the different types of depression and treatment go to [www.thepsychologyclinic.org.uk](http://www.thepsychologyclinic.org.uk)