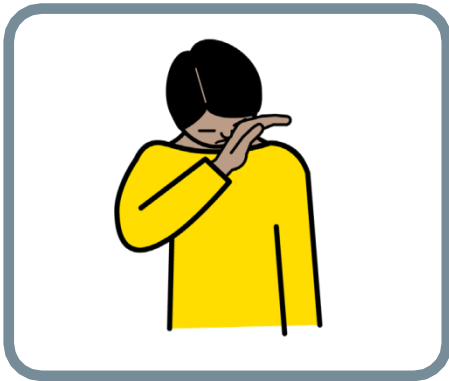


# What is Depression?



Depression is when you feel **sad or down** and this gloomy feeling doesn't go away for a while.

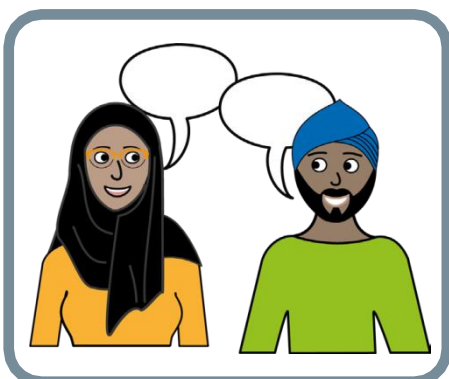
Lots of people feel like this.

When life gets **hard** or something **bad** happens people can get depressed



If you are depressed you might

- Feel more **tired**
- **Cry** more often
- Struggle to sleep or sleep more
- Not enjoying things that you used to look forward to



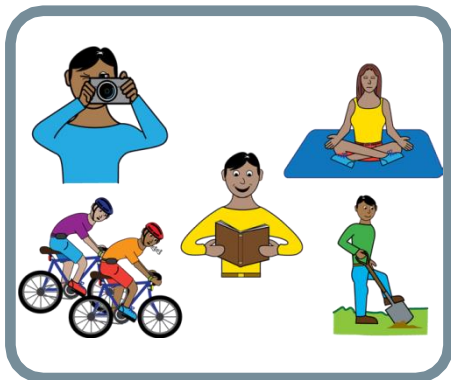
You should **talk** to your friends and family about how you feel.

You could **meet up** with your friends or family and do something you enjoy.



**Write down** how you feel or any worries you have.

Join in activities and try to talk to other people about the things you enjoy.



**Exercise** can help you feel better.

You could go for a **walk** somewhere that you enjoy.

Put on some happy music and sing or dance along.



**Mencap** has a helpline you can ring to talk to someone.

Mencap can give you information about other services in your area



**Tel: 0808 808 1111** (Mon-Fri, 10am-3pm)

<https://www.mencap.org.uk/>



Leeds Mind provides a counselling service.



**Tel: 0113 305 5800**

<https://www.leedsmind.org.uk/services/counselling/counselling/>