

Tips for coping with Depression

If Depression is having a major effect on your life seek help NOW. Ring SOSAD, your doctor or any psychiatric support services you are familiar with. You can also talk to family, friends or anyone you feel comfortable talking to, about how you are feeling. Then they will know exactly what is going on and help you get the support you need.

Depression makes you think and act negatively, and being totally rational can be difficult, so having someone to help you and think rationally will be a great start in your recovery from depression.

You should also:

- Avoid negative people and influences in your life and spend time with people you enjoy being with.
- Aim for at least eight hours sleep a night and try to get a regular sleep pattern going.
- Eat a healthy, balanced diet and don't skip meals Exercise regularly even if it is just walking.
- Use relaxation techniques.
- Continue with hobbies and activities that you enjoy, if you don't have any take up new ones or restart old ones.
- Avoid alcohol and non-prescription drugs, as they in fact are depressives and will only make you feel worse especially the following days.

There is help for you!

SOSAD Ireland is a charity based in Drogheda, Dundalk, Navan, Cavan and Carrickmacross with 5 main goals;

- To raise awareness of suicide in Ireland.
- To break the stigma surrounding suicide.
- To provide support and direction to those feeling depressed and/or suicidal.
- To provide support and direction to those who may know someone feeling suicidal.
- To provide support and direction for those bereaved by suicide.

SOSAD Ireland provides a range of supports to anyone who may be affected or concerned about suicide or depression. SOSAD have trained volunteers on call for emergencies 24 hours a day, 7 days a week for anyone who may be in distress and in need of professional help and support. We carry out suicide interventions, psychological assessments and offer free counselling to anyone who needs it.

SOSAD also has a range of supports available for anyone who has lost a loved one to suicide. Every volunteer in SOSAD is committed to providing the very best possible care and support to every client and we also do all we can to help their families cope through this difficult time.

supported by 

Don't try to cope alone.



sosad
Save our Sons and Daughters

Information on Depression

www.sosadireland.ie

RESOURCES – *all confidential*

SOSAD Drogheda	041 9848754
SOSAD Navan	046 9031855
SOSAD Dundalk	042 9327311
SOSAD Cavan	049 4326339
SOSAD Carrickmacross	042 9668992

Everyone experiences periods in their life when they feel low for a short amount of time and this is a normal part of life. It is only when the low periods last for an extended period of time, or the way you are feeling interferes with your day to day life, that you may have depression.

Depression can influence how a person feels, thinks and acts, but it can be treated with the right help and support. There are people who would welcome the chance to help you through this difficult period in your life. Seek help NOW, ring SOSAD, your doctor or speak to someone you trust.

Asking for help is the first step in your recovery. We know that this may seem very hard because of the way you feel but you may be pleasantly surprised and it is always better to share how you feel. So try to talk to someone and get the help you need and deserve.

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Symptoms of Depression

Emotional Symptoms

- Intense feeling of sadness, anxiety or emptiness.
- Hopeless and helplessness about the future.
- Feeling of guilt, worthlessness and a waste of space.
- Irritability.
- Low self-esteem and loss in confidence.
- Finding it difficult to think straight and make decisions.
- Loss of interest in once pleasurable activities.
- Loss of motivation to perform daily tasks.
- Recurrent thoughts of death and of suicide.

Physical Symptoms

- Noticeable weight gain or loss without any conscious decision to do so.
- Unexplained aches or pains.
- Changes in sleeping pattern, over or under sleeping and also waking up throughout the night.

Don't try to cope alone.

Social Symptoms

- Isolation from friends and family.
- Underperforming at work.
- Difficulties in home and family life.
- Taking part in fewer social activities and avoiding contact with friends.
- Neglecting your hobbies and interests

Depression can come on gradually and so it can be difficult to notice that something is wrong. Many people continue to try to cope with their symptoms without realising they are ill. It can take a friend or family member to suggest that something is wrong.

Doctors describe depression by how serious it is

- Mild depression has some impact on your daily life.
- Moderate depression has a significant impact on your daily life.
- Severe depression makes it almost impossible to get through daily life. A few people with severe depression may have psychotic symptoms. Take the first step and talk to someone. It is much better than trying to cope on your own.

There is always hope.