

EXPERIENCING **LOW MOOD?**

IF YOU ARE IN NEED OF
SOME SUPPORT, THIS
SELF-HELP BOOK CAN
HELP YOU COPE BETTER
WITH LOW MOOD.

A BETTER YOU, FOR A
**BRIGHTER
TOMORROW**


wellbeing
services south glasgow

DEPRESSION SELF-HELP BOOKLET

This booklet covers a wide range of topics related to low mood and depression. It is divided into seven sections. Each section contains a lot of information. To gain the most benefit from this booklet, we would advise you to read one section at a time until you fully understand that section.

Have a look at each section, then focus on the parts which seem most useful to you.

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Some of these sections will be relevant to you, but there may also be parts which are not. There are various tasks throughout this booklet to help you understand your depression, and to help you learn new ways of dealing with them. These tasks are identified by 'Stop & Think'. To gain the most from this booklet it is important to take some time to think about the questions asked, and to complete the tasks. It may be that it takes several readings of it before you start to write things down. That's OK, just take your time.

Don't worry if you are having difficulty with some of the ideas in the booklet. Just remember you are learning a new skill and it will take time and practice to learn to deal with your low mood. Take your time, and praise yourself for every step you take. It can be helpful to get support from a friend or family member – so you may want to let them read this booklet.



SECTION 1: WHAT IS DEPRESSION?

Feeling low or down is common to us all. Everyone at some point in their life will say they feel depressed. Having times when you feel low is normal, especially when life is stressful. However, it is when low moods becomes more severe and is accompanied by other symptoms that stop us doing things we could normally manage then help may be required.

WHO SUFFERS FROM DEPRESSION?

Depression is very common and anyone can experience it. It is reported that around 1 in 4 people will suffer from problems with depression at some point in their lives. It makes up roughly half of all mental health difficulties treated by GPs.

WHAT CAUSES DEPRESSION, 'WHY ME'?

There is no one cause, it's often a number of factors all entwined and mixed up that cause depression.

BIOLOGICAL FACTORS

Genetic factors: It is possible that the tendency to develop and suffer depression may be genetic. If you have any family members who have had problems with depression, you may have a higher risk of suffering from it. Even if there is depression in the family, there also tends to be a stressful life experience to trigger it.

Brain chemicals: Depressive symptoms may be caused by low levels of certain chemicals in the brain. Antidepressant medication can be prescribed to increase the levels of these chemicals.

PHYSICAL OR SEXUAL ABUSE IN CHILDHOOD

There is some research to suggest that abuse can make people prone to depression in later life.

SOCIAL FACTORS

Social factors such as those listed below can also increase your chance of becoming depressed:

- Poverty
- Unemployment
- Poor housing
- Debt

PSYCHOLOGICAL FACTORS

Certain experiences that occur in childhood can leave us vulnerable to depression. For example, research suggests that losing your mother in early childhood can increase the risk of having depression. However, a loss in early childhood does not always lead to depression, and people who have lost their mothers will not always develop depression.

People may become depressed when something happens to trigger the depression, it's often another loss or other stress.



WHAT CAN TRIGGER DEPRESSION?

Life stress

Certain life stresses are thought to make people more likely to become depressed, whether from the effect of a sudden event or a build up over a period of long term stress. Typically losses such as losing your job or a bereavement are examples of the experiences which can trigger it. Look at the list of options below and tick the ones you have recently experienced. For some people, depression can occur as a result of one of these factors, but it is just as likely to be caused by a combination.

STRESSFUL LIFE EVENTS

Death or illness in the family	
Moving house	
Relationship break-up	
Personal illness/long term health problems	
Pregnancy or a birth in close family	
Pressure or changes in work	
Money worries	
Being a carer	
Problems with your home or neighbours	
Retirement	

WHAT CAN I DO TO GET BETTER?

Self-help material

Self-help material (like this booklet) allows you to clear up depression either on your own or with help. This booklet is based on cognitive behavioural therapy, (CBT), described below.

Talking therapies/psychological treatments

The most widely used and best researched type of therapy is Cognitive Behaviour Therapy. CBT is based on the idea that depression arises from the way people think about themselves and the world. For example, when you are feeling low you are more likely to be critical of yourself and pessimistic about your future. CBT aims to help you identify and tackle unhelpful thinking and behaviour which can keep depression going.

Antidepressant medication

Medication can be prescribed to ease the symptoms of depression, particularly the physical symptoms. You can speak to your GP about this.



STOP & THINK

Take a few moments to think about your depression. What might have caused it? What may have recently triggered it? Write this down in the space below - it will help to bear this in mind as you go through the rest of the booklet.

SUMMARY

- Depression is common and is associated with a range of symptoms
- It can be caused by several factors including biological and psychological factors
- There are different treatments available for depression; self-help, talking therapies and antidepressant medication



SECTION 2: HOW DOES DEPRESSION AFFECT US?

This section aims to help you clear the air and see how depression can affect you in four ways, and how each affects the other.

- It can affect our mood
- It can affect our bodies
- It can affect our behaviour
- It can affect our thinking

Let's look at these one by one so that you can identify how each has affected you.

IT AFFECTS OUR MOOD

When you are depressed you may notice changes in how you feel.

Low mood: Feeling fed up. This can change over the course of a day. Some people feel worse first thing in the morning and their mood can pick up as the day progresses.

Guilt: Feeling guilty is also common, people will often feel guilty about letting themselves or others down.

Stress/tension or anxiety: Worrying continuously about things you have done or should do.

Angry/irritable: At yourself or with others.

Ashamed/embarrassed: Feeling that you are inferior in some way, embarrassed about experiencing depression.

To help you identify how you have been feeling in the past week, place a tick beside the feelings you have experienced.

FEELINGS

Feeling low or sad mood	
Feeling worse in the morning	
Not enjoying things as much as before	
Feeling numb	
Guilt	
Worried, stressed	
Panicky	
Angry or irritable	
Ashamed	

There are various ways you can help improve your mood, in terms of changing the way you behave, and changing the way you think, which will be discussed later on in the booklet.



DEPRESSION AND THE BODY

Unravelling the Physical symptoms

Depression can cause a number of physical symptoms, and in fact many people believe at first they have a physical illness due to the changes that can occur. You may notice physical changes such as:

Problems with sleeping: You may find it difficult to get to sleep due to worrying, wake up during the night continuously, or waken very early.

Weight: You can lose weight due to not having an appetite. Or you can gain weight due to comfort eating – this can often make you feel worse.

Reduced energy: You may feel tired all the time, and everything seems like an effort. You stop doing things you used to enjoy.

Reduced sex drive: You may experience a loss of interest in sex which can cause difficulties in your relationship.

Physical agitation: Can lead to symptoms of physical tension; some people feel restless and pace around finding they are unable to settle.

To help you identify what physical symptoms you have had in the past week, place a tick beside the symptoms you have experienced below.

PHYSICAL SYMPTOMS

Problems with sleeping	
Problems with appetite	
Weight gain / weight loss	
Feeling numb	
Reduced energy	
Reduced sex drive	
Constipation	
Symptoms of pain	
Physical agitation	
Other (please state)	

There are ways to tackle the physical symptoms of depression; namely learning how to have a better sleep, changing your diet, and getting your energy back. It is beyond the scope of this booklet to discuss these in detail. There are a range of self-help leaflets and booklets that you can request by phoning Wellbeing Services on the number listed at the end of this booklet.

UNHELPFUL BEHAVIOUR

Typically when people feel depressed they start to become less active, and start to withdraw from many different activities. You may start to use alcohol or drugs or simply stop taking care of yourself.

This may be due to a number of reasons; you may feel too tired, don't enjoy doing the activities, you may think that other people don't want to talk to you when you feel low, or it may be that doing anything just seems to be too much effort.

Look at the list below and place a tick beside the behaviours you have experienced.

Now, think back to a time when you did not feel depressed, what activities did you used to do? Write down a list of activities or hobbies you used to do/or enjoyed doing previously in the space below. Later on in the booklet we will be discussing ways to help you become more active.

UNHELPFUL BEHAVIOUR

Not going out / meeting people	
Not caring for appearance	
Not eating properly	
Not doing enjoyable activities	
Neglecting housework	
Not answering phone or door	
Not opening letters	
Drinking	
Other (please state)	



IT CAN AFFECT OUR THINKING

When you feel depressed you can experience unhelpful thoughts about yourself, the world and your future. These muddled thoughts can occur in people who are not depressed, but in people who are depressed they occur more frequently, and can be difficult to get rid of.

The following list contains many common thoughts of people who are depressed. Read and tick all those you have experienced in the last few weeks. It is not possible to list all thoughts that people may experience, so write in the space provided the ones which have not been mentioned.

UNHELPFUL THOUGHTS

Being negative about yourself I'm useless, I mess everything up	
Always seeing the worst in situations Today was a complete write off, nothing went right	
Thinking the worst will happen I'm not going on the night out - I won't enjoy it	
Thinking that others see you in a negative way They think I'm really boring	
Taking the blame for everything That was a disastrous night out- I ruined it for everyone	
Making extreme statements using words such as: 'must' It must be perfect, or else I will be criticised	
Thoughts of death I can't go on any more, I wish I was dead*	

Other symptoms associated with depression include:
Tick if you have experienced any.

COMMON SYMPTOMS

Losing interest	Pessimism	Difficulty concentrating	
Hopelessness	Memory problems		

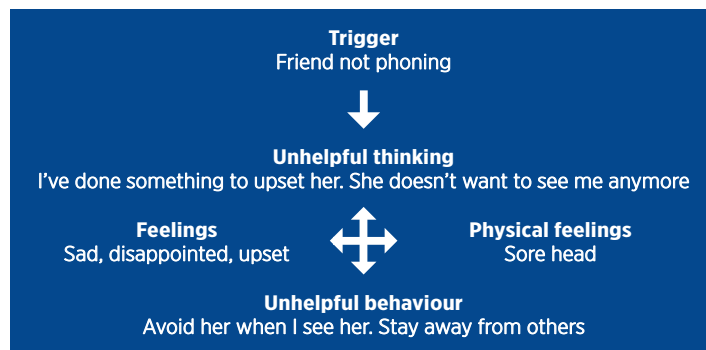
*** If you have frequent or severe thoughts about suicide, and have started to plan how you would carry it out, then you need to get help as soon as possible. Speak to your GP, if you are not seeing a mental health professional already.**

UNDERSTANDING DEPRESSION

These areas (feelings, body, behaviour and thinking) are all linked to each other and each can affect the other. Let's look at an example to illustrate.

Susan, who has been feeling depressed phones her friend and leaves a message asking her to phone back. After a week her friend still hasn't phoned back.

Look at the diagram below which shows how this one event links unhelpful thinking, low mood, unhelpful behaviour and how she is affected physically. In short, when someone is depressed they often think about a situation in negative way affecting how they feel and in turn what they do. Although these are all linked it is possible to work on one at a time.



The next section of this booklet shows you how to tackle the various difficulties associated with having depression.

STEPS TO DEALING WITH DEPRESSION

It is helpful to tackle depression one step at a time.

Section 1: Make positive changes to what you do.

Section 2: Tackle unhelpful thoughts.

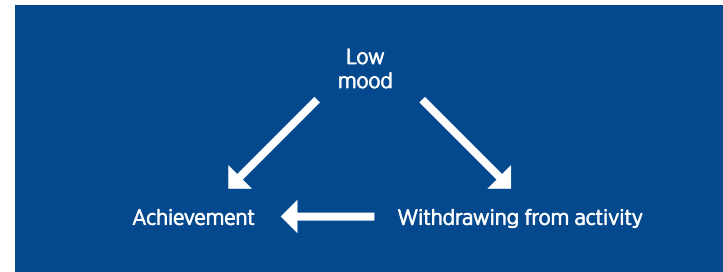
Section 3: Tackle problems.



SECTION 3: MAKE POSITIVE CHANGES TO WHAT YOU DO

For some people who are depressed one of the best places to start is changing unhelpful behaviour. This is important, particularly if you are not going out much and have stopped doing activities you previously found enjoyable.

Reducing or avoiding activities can lead to a vicious circle, this has been illustrated below:



This can affect you in two ways:

- You may feel more and more tired and lack the drive to do both enjoyable activities and those that you need to do
- It can lead to a loss of self confidence making it difficult to go out

WHAT CAN I DO?

One of the most helpful things you can start doing is being aware of what you actually do on a day to day basis. This will help you see what other activities you could build into your day.

By gradually taking small steps and trying to achieve little goals you can start to make changes to your mood.

Try this step by step.



STEP 1: HOW ARE YOU SPENDING YOUR TIME?

In order to increase what you do, it is useful to work out exactly how you are spending your time now. An activity record allows you to record what you are doing on a daily basis.

See the example in the following page of an activity record. Copy this activity record and record how you spent your time in the past week. This will give you an idea of what you are actually doing so that you can start to do more in your day. Include activities you enjoy as well as one's that you find an effort. So, for example you might want to record that you watched TV, and also that you hoovered. Try to fill it in as soon as you can, as if you may not remember if you leave it.

Activity record

Once you have filled it in you can link together and see how active you are, what you enjoyed doing and what you would like to do more of.

When you are feeling depressed it can be difficult to think of what activities you enjoy. Look at the list below to get an idea of the kind of activities some people find enjoyable. This will hopefully start you thinking about what you used to do or what you would like to do in the future.

DAY	MORNING	AFTERNOON	EVENING
Monday	Watched TV	Had some lunch	Hoovered
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

STEP 2: BECOMING MORE ACTIVE

The next step is to plan what you are going to do.

At first it can help to do more of an activity you enjoy or you might like to try an activity you did in the past.

Try to plan activities a few days or a week in advance.

List of pleasant activities

ENJOYABLE ACTIVITIES	ENJOY NOW	ENJOYED IN THE PAST
Watching TV		
Going to cinema/theatre		
Going out with friends		
Creative activities		
Writing		
Exercise: running/aerobics		
Reading		
Relaxing bath		
Cooking		
Shopping		
Using the computer		
Go for a walk		
Go to the library		
Do a puzzle		
Read a book		
Visit somebody		
Others:		



Plan small goals for yourself and be specific - rather than say *"read more"*, say *"I will read for another 30 minutes a day"*, or *"I will go for a short walk to the local shop on Tuesday morning."*

To start with it may be difficult to start doing more, but with time, it will get easier. Giving yourself praise is very important and you might like to promise yourself a treat to give you something to aim for.

It might be you find it difficult to do activities by yourself. To begin with it may be helpful to tie in a friend or family member to accompany you.

However, as you begin to feel a bit more confident, it is important that you do these activities by yourself.

EXERCISE AND DEPRESSION

It has been found that physical exercise can help you feel better. It is worth including exercise when you plan your activity chart.

You could start by going out for a walk each day, and start to increase your activity by a little more each week.

If you would be interested in walking, and do not wish to walk alone, Glasgow parks have a scheme called 'Paths to health' which organise walks around the parks led by a park warden.

For more information see the list of further information at the end of this booklet.

WHAT BEHAVIOUR CAN MAKE DEPRESSION WORSE?

Although it may seem to be a tempting '**escape**', try to avoid drinking large amounts of alcohol or taking drugs.

In the short-term, they may help you feel better and forget your problems, but in the long-term, it will make your problems a lot worse.

If you are concerned about your drinking or drug taking and wish to get it under control speak to your GP who can then put you in touch with organisations that will be able to help.

SUMMARY

- Increasing what you do is one of the best ways to start to unravel, analyse and overcome depression.
- Start gradually and do more of the things you enjoy as well as the everyday tasks.



SECTION 4: MAKE POSITIVE CHANGES TO HOW YOU THINK

This section provides you with ideas to help you pinpoint unhelpful thoughts, and then to change the way you think. At this stage, it will be helpful to take your time, read and re-read this section until you fully understand unhelpful thinking, and how to identify it. For many people this may be the first time you have ever looked at your thoughts, so be patient with yourself, don't rush it.

Hopefully by learning to make changes to the way you think you should notice an improvement in your mood, and behaviour.

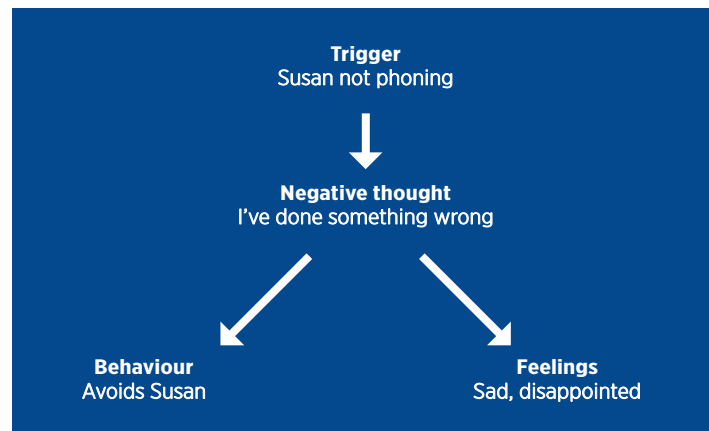
When feeling depressed or low you often tend to see life in a negative way, so that you then think the worst about a situation. The more depressed you become the more depressive thoughts you experience. This leads to a vicious circle.

Read about Emma:

Emma has been feeling low for a few weeks. She called her good friend Susan to talk. Susan wasn't in, so Emma left a message asking Susan to call her back. Susan didn't call Emma back that day or the day after, so Emma started to think:

- *"I must have done something to upset her"*
- *"She must be angry with me and not like me any more"*

These are typical '**unhelpful**' thoughts that someone with depression may experience. When people become depressed the way they think can affect not only how they feel, but what they do. The diagram below shows how the way Emma thinks affects how she feels and how she behaves.



So we can see that the way Emma thought (**I've done something wrong**) can affect how she feels (**sad**) which in turn affects the way she behaves in the future (**avoids Susan**).

As depression gets worse, unhelpful thoughts can become more and more frequent, clouded and with every thought the depressed feeling can get worse. We have stressed that people who are depressed tend to experience unhelpful thoughts that:

- Automatically pop into your head without any effort
- Keep you feeling mixed up and depressed
- Appear as facts even though they do not fit with what has happened. (I've done something wrong)
- Are unwanted and difficult to switch off

UNHELPFUL WAYS OF THINKING

Many people who suffer from depression experience similar ways of thinking. The following are some of the common ways people with depression think:

Being hard on yourself: I overlook strengths and focus on weaknesses.

Looking on the negative side: I tend to focus on the black side of things.

Gloomy view of the future: I overestimate the chances of bad things happening.

Jumping to conclusions: I tend to assume that the worst will happen.

Unhelpful thoughts can often be triggered by certain situations, as we can see in the previous example or they can sometimes just pop into your head at any time. They can sometimes appear as memories of events, or of images. Sometimes you might experience the same unhelpful thought over and over again.

Unhelpful thoughts can trap you in a vicious circle; the more depressed you feel, the more negative thoughts you will have and the more you will believe them. Our main goal is to break this vicious circle and help you change the way you think.

The previous example shows that it is not situations or events that contribute to depression, but how people see them. Consider again the situation and think how Emma might see it differently. Below are a few examples, and how they might make Emma feel.

- *"That is so rude! I can't believe she hasn't called me back."*
Feels angry
- *"I hope she's OK and nothing bad has happened to her!"*
Feels worried

It is important to note that the actual event is the same, but the feelings are very different and are dependant on what kind of thoughts you have about the event.

NOTICING UNHELPFUL THOUGHTS

In some ways finding unhelpful thoughts is like being a detective. You are trying to find minute fibres of evidence as to why your mood has become low. Perhaps one of the best ways to find these unhelpful thoughts is to notice your mood changes. Try and remember the last time you started to feel worse.

Ask yourself what was going through your mind at that time? Where were you? Who you were with at the time?

The more you do this, you will begin to be more aware of the changes in your mood and will recognise your negative thoughts more quickly.

SITUATION	MOOD	UNHELPFUL THOUGHTS
5th August: At home, had an argument with Jane	Sad, depressed	She doesn't love me and she's going to leave me
7th August: Driving car, was late for a class	Angry	I'm so stupid, I'll fail that class



To begin with keeping a diary or a **'thought diary'** can be helpful. This is a way of recording your thoughts and the situation they occurred in. There is an copy of a completed thought diary opposite.

In the next few days, look out for negative thoughts. It might be that you first become aware of them in relation to specific events - like in the example opposite or it may be that they just pop into our head when you are not doing much - like sitting watching television or listening to music.

Using a thought diary will help you do this and make you more aware of any unhelpful thoughts you have, when in the day you have them, what situations they arise in, and how you feel when you have them.

Write your thoughts in a diary just like the one shown on the previous page following the example below:

Situation: This is basically the time and place you had the thought. You may also want to note who was with you, and anything that was happening at the time.

Mood: Write down how you felt at the time - sad, angry, anxious.

Thought: Write the thought - in your own words, just like it was at the time.

TIPS

- Try to get into the habit of noticing and then writing down your thoughts as much as you can. Carry a small note pad and pen with you to write down thoughts just after they happen
- If you can't do it at the time, try to recall and write the thoughts as soon as possible after the event
- To begin with you might find you feel worse thinking about negative thoughts. It is very important to stick with it as you may start to notice that certain negative thoughts occur over and over again. It will get easier with time

SUMMARY

- Unhelpful thoughts are common in depression and can affect the way you feel and behave
- Learning to clear up and identify unhelpful thoughts is the first step. Start to become aware of them when you notice changes in your mood
- Writing thoughts is also helpful

FIGHTING BACK - TACKLING UNHELPFUL THOUGHTS

When we feel low, it's like we have blinkers on. We don't see the whole picture. We focus on bad things and we ignore information about things in life that are going well. Because of this our view of the world is not accurate or realistic. It may be exaggerated.

However, you can learn to change your thoughts. That is not just accepting them as fact (Susan doesn't like me), but learn to see if there is a more helpful way of seeing the situation. In the next few pages we can learn to do this. One of the easiest ways to tackle unhelpful thoughts is to weigh up the evidence for and against the thought, and stick together a more positive coping thought.



WHAT IS THE EVIDENCE?

You can think of it like a jury in a court case. To know the truth we need information – facts about what actually happened (not just what we **think** has happened). For example, if a friend walked by without speaking, you may think **I've upset them**. We can look at the evidence for and against this thought. Is the thought really true?

Evidence for: Refers to information that you feel backs up your thought – it may be how you feel, or from a previous experience.

Evidence against: Is all the information that doesn't back up the thought such as – remembering that the worst hasn't happened and how you coped before.

Positive coping thoughts: Are encouraging thoughts that you can learn to say to yourself when you experience unhelpful thoughts. You can see how it all works below.

QUESTIONS TO ASK YOURSELF

- Is there any evidence – is the thought actually true?
- What alternative views are there? What would other people say?
- Does this thought help me? Does this way of thinking help me, or tie me down? How?
- How can I change the situation?

THE GOAL

The goal of this task is to teach you to unravel, recognise and tackle thoughts which may make your mood low. At the beginning it will be helpful to write the thoughts down in a table as it will help you identify and tackle the thoughts in a more structured way. As time progresses, you may find that you may only need to note the unhelpful thought and the positive coping thought, or eventually you can learn to do this in your head. This is not likely to happen overnight.

Tackling thoughts is a new skill. Like learning any new skill it will take time, and you will probably not get it right first time. Remember, reward yourself for your efforts with praise and/or treats.



STOP & THINK

You can start untangling and tackling your own thoughts in the same way. Just copy the table to your note pad and follow the previous example. It can be difficult to think through the evidence for and against your thoughts. Sometimes it can help to ask your partner or friend to help you with this task. The questions on the previous page will help you tackle your thoughts listed opposite:

THOUGHT	EVIDENCE FOR	EVIDENCE AGAINST	POSITIVE THOUGHT
I've upset Emma	She walked past me	We've been friends for years – she wouldn't just ignore me – she would tell me if she was upset. She didn't see me	She looked in a rush she probably didn't see me

SUMMARY

- Notice what you say to yourself when you feel low
- Write down unhelpful thoughts
- Look at the evidence for and against your unhelpful thoughts
- Note more helpful/positive coping thoughts
- There are a number of questions you can ask yourself to help you change the way you think
- It will take time to learn this new skill
- Reward your efforts



SECTION 5: TACKLING PROBLEMS AND WORRIES

When you feel low or depressed, problems can sometimes seem overwhelming, and you may feel like ignoring them, hoping they go away. However, this is not a useful long term strategy. The more you avoid tackling problems, the bigger and darker they can become.

One way of tackling problems is a technique called '**problem solving**'. This provides a structured way of lightening problems, and follows a clear plan, working through each stage step by step.

STEP 1: IDENTIFY THE PROBLEM

Be specific about what the problem is i.e. *"I have trouble getting a baby-sitter on a Thursday evening so I can go out with my friend."*

STEP 2: PROBLEM SOLVE

Think of as many possible ways of solving this problem. This is called 'brainstorming'. So think of as many solutions to the problem as possible, without thinking if they are sensible or even possible.

The idea is to write down anything which comes into your mind, no matter how daft it may seem. The reason for this is the more you think the better chances of coming up with a good solution.

STEP 3: IDENTIFY THE SOLUTION

Look at the list and see which one is best. Think carefully about each possible solution, and work out the pros and cons of each. Then see which one has the most chance of working.

STEP 4: WORK OUT A PLAN

STEP 5: DO IT

STEP 6: REVIEW HOW IT WENT

Ask yourself if it worked, if not, why not? Then think about what you have learned from the exercise.



BELOW IS AN EXAMPLE OF HOW PROBLEM SOLVING CAN WORK.

STEP 1: IDENTIFY THE PROBLEM

I have trouble getting a baby-sitter on a Thursday evening so I can go out with my friend.

STEP 2: PROBLEM SOLVE

Brainstorm possible solutions: My partner could change his shifts and mind the children. Hire a baby-sitter or ask a friend who has offered before.

STEP 3: WHICH ONE IS BEST?

SOLUTION	ADVANTAGE	DISADVANTAGE
My partner could mind the children	Don't have to ask friends, less change for the children	He works late shifts every two weeks, might be difficult to change this
Hire a baby sitter	Reliable could book in advance	May cost too much. Children may take time to adapt
Ask friend Mary who has offered before	Mary is reliable if given plenty of notice, I can return the favour	Might think I'm asking too much of her

STEP 4: WORK OUT A PLAN

Ring Mary and ask her.

STEP 5: DO IT

Phone her on Tuesday evening at 9pm when children are in bed. Plan what to say *"I just wondered if your offer to baby-sit is still open?"*

STEP 6: REVIEW HOW IT WENT

The conversation went well and Mary said she would be happy to baby-sit. She said she would not have offered if she could not do it.

SUMMARY

- Identify what problem you wish to clear up
- Brainstorm or think of possible solutions
- Write advantages and disadvantages to each
- Write a plan
- Try it out
- Review



SECTION 6: REVIEW

As you continue working on your depression, remember to stop and see how you are doing. You will be using a lot of new skills, and these require practice. It's always good to step back sometimes and see how you are doing.

One way of doing this is keeping track of past experiences – times when you did well, times when you did less well, what you have tried and what outcomes were.

It is helpful to look back using a diary or notebook to see what stage you are at.

Recovery from depression will take time and effort – take things one step at a time. Remember to keep reviewing how you are getting on and give yourself rewards for trying.

At times, it may not seem that things are moving forward fast enough, but each small step you will help you get back on track.

It is important to know that things may not always run smoothly and sometimes you may face set backs. It's common to experience setbacks. Try not to focus or dwell on them too much – but see them as an opportunity to find out what you could differently in the future, straighten things out and move on from it.

Remember that by reading this booklet you are already actively doing something about your low mood.

Try reading this booklet again and again as there are many other ideas which you may pick up on in a second and third time of reading it.



SECTION 6: WELLBEING RESOURCES

If you have tried some of the ideas in this booklet and you are not feeling any better, there are lots of further sources of help.

Your GP may be able to offer advice. You may also want to look into other services offered by Wellbeing Services, which is a Primary Care Mental Health Team based in the South Side of Glasgow. The Team offer a variety of services to assist people with common mental health problems and help them to untangle their thoughts and emotions.

If you would like further information on the services we offer or advice on which of our services may be of benefit to you, please contact us on 0141 232 2555 or alternatively you can visit our website at: www.wellbeing-glasgow.org.uk

WELLBEING SERVICES

Wellbeing Services offer a range of services:

HELP YOURSELF

We have a large range of useful self-help materials that can help you to overcome common mental health problems including depression, anxiety, and stress. These include tip cards, booklets, video clips and audio tracks. These materials can help you to understand your problems better and provide you with practical strategies to deal with them in a step-by-step way. These resources are available to view or download at our website. Alternatively, just give us a call and we can send out the booklets you require.

WORKSHOPS & CLASSES

We offer a variety of one-day workshops and classes that can provide you with practical strategies to help you to deal with problems related to depression, stress, panic, low self-esteem, irritability and sleep. For more information on how to book these workshops & classes, please visit our website or give us a call.

GROUPS

We offer a variety of groups that run throughout the year. These groups can help you to learn more about the problems you may be experiencing and teach you some practical strategies for improving your wellbeing. We can offer groups which will help you to overcome depression, anxiety, low self-esteem, irritability and sleep. Even if you do not want to share your experience with others, you will be able to listen and learn more. For more information on how to book these groups, please visit our website. Alternatively, you can phone us to find out if there is a group running which could help.

TALKING THERAPIES

We offer brief one-to-one talking therapies to people experiencing mild to moderate common mental health problems including depression, anxiety and stress. One-to-one therapy is available in a range of different models where the therapy offered will be dependent on your specific needs. If you think that you would benefit from one-to-one therapy, please give us a call to discuss this further. You can also be referred to our service by your GP.



OTHER SERVICES IN GLASGOW:

Wellbeing Services have set up a directory which will help you find out about the wide range of services available in Glasgow. You can access the directory at: www.glasgowhelp.com

Below are listed other organisations which offer a range of services that you may be able to access.

USEFUL READING AND WEBSITES

Self-help books: Many of these self-help booklets are available at your local library or can be ordered through most bookshops. All libraries in Glasgow stock a range of self-help books on a number of topics including anxiety and depression.

‘Overcoming’ series (Robinson Press, London)

Titles include:

- **Overcoming Anxiety:** *Helen Kennedy*
- **Overcoming Panic:** *Derrick Silove and Vijaya Manicavasgar*
- **Overcoming Depression:** *Paul Gilbert*
- **Overcoming Social Anxiety:** *Gillian Butler*
- **Overcoming Traumatic Stress:** *Claudia Herbert and Ann Wetmore*
- **Overcoming Grief:** *Sue Morris*
- **Overcoming Low Self-Esteem:** *Melanie Fennel*
- **Overcoming Insomnia and Sleep Problems:** *Colin Espie*

‘Overcoming common problems’ series (Sheldon Press)

Titles include:

- **Coping Successfully with Panic Attacks:** *Shirley Trickett*
- **How to Cope with Stress:** *Dr Peter Tyrer*
- **Overcoming Anger:**
When Anger Helps and When It Hurts: *Dr Windy Dryden*
- **Understanding Obsessions and Compulsions:** *Dr Frank Tallis*
- **Overcoming Anxiety:** *Dr Windy Dryden*
- **Coping with Post-trauma Stress:** *Frank Parkinson*
- **Manage your Mind:** *G. Butler and A. Hope (1995) Oxford University Press, Oxford.*

ANXIETY

- **No Panic**
0800 138 8889
www.nopanic.org.uk
- **Samaritans**
08457 90 90 90
www.samaritans.org.uk
- **Scottish Association for Mental Health**
0141 530 1000
www.samh.org.uk

DEPRESSION

- **Action on Depression:**
0131 243 2786
www.actionondepression.org
- **Breathing Space:**
0800 83 85 87
breathingspacescotland.co.uk

HEALTH, DIET & EXERCISE

- **Healthy Living:**
nidirect.gov.uk/healthy-living
- **Smoking Concerns:**
Smokefree National Helpline 0300 123 1044
www.nhs.uk/smokefree
- **NHS Health Scotland**
www.healthscotland.com
- **Glasgow Club:**
City-wide access to fitness clubs
www.glasgowlife.org.uk

SLEEP

National Sleep Foundation:
www.sleepfoundation.org

STRESS

- **Lifelink**
0141 552 44 34
www.lifelink.org.uk
- **Steps for Stress:**
www.stepsforstress.org

PRACTICAL PROBLEMS

- **Legal Issues:**
Govan Law Centre:
0141 440 2503
www.govanlc.com
- **Financial Issues:**
Money Matters:
0141 445 5221
moneymattersweb.co.uk
- **Housing Issues:**
Shelter:
0808 800 4444
www.shelter.org.uk



USEFUL WEBSITES

Website disclaimer

Links to related websites have been provided for information only. Their presence on the list below does not mean that Wellbeing Services endorse any of the information, products or views on these sites.

MIND

The national UK charity has an online bookshop of mental health information which can be ordered online.

www.mind.org.uk

ROYAL COLLEGE OF PSYCHIATRISTS

Website includes information about anxiety disorders in the public information site.

www.rcpsych.ac.uk

NORTHUMBERLAND MENTAL HEALTH SERVICES:

Information and advice for people with the common mental health problems

www.ntw.nhs.uk/pic/selfhelp

OXFORD COGNITIVE THERAPY CENTRE:

The Oxford Cognitive Therapy Centre has produced booklets.

Titles include:

- **Understanding health anxiety**
- **Managing Anxiety**
- **Overcoming social anxiety**
- **Understanding panic**
- **How to relax**

www.octc.co.uk



Further help and information

For more information or advice please contact Wellbeing Services on **0141 232 2555** or visit the website **www.wellbeing-glasgow.org.uk**

Wellbeing Services is a Primary Care Mental Health Team based in the South of Glasgow. Wellbeing Services offer a variety of services to assist people with common mental health problems and helps them see a brighter tomorrow.



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