



# Nationwide Group Staff Union

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## The Symptoms of depression

**If you think someone close to you is suffering from something more serious than a passing emotional problem, encourage them to talk about their feelings and, if necessary, to get advice from their GP.**

Sometimes people may not realise how depressed they are, especially if they have been feeling the same for a long time, if they have been trying to cope with their depression by keeping themselves busy, or if their depressive symptoms are more physical than emotional.

Here is a list of the most common symptoms of depression. As a general rule, if you have experienced four or more of these symptoms, for most of the day nearly every day, for over two weeks, then you should seek help.

- Tiredness and loss of energy
- Persistent sadness
- Loss of self-confidence and self-esteem
- Difficulty concentrating
- Not being able to enjoy things that are usually pleasurable or interesting
- Undue feelings of guilt or worthlessness
- Feelings of helplessness and hopelessness
- Sleeping problems - difficulties in getting off to sleep or waking up much earlier than usual
- Avoiding other people, sometimes even your close friends
- Finding it hard to function at work/college/school
- Loss of appetite
- Loss of sex drive and/ or sexual problems
- Physical aches and pains
- Thinking about suicide and death
- Self harm

Here are some more fact sheets relating to mental health and depression that you can access from the NGSU website, print and take away

- Coping/self help
- Caring for someone with depression
- Beating the baby blues
- Free publications for NGSU members
- Bipolar Disorder - (manic depression)
- Useful contacts