

Title: **Everything you need to know about depression**

Tick here if you wish to order this publication

If you think that you may be depressed, or if you have a friend, relative or colleague who has depression, this booklet will offer you more information about the condition. You do not have to read this booklet all at once! Just keep it to hand and dip into it whenever you feel that you need to.

Title: **Depression and antidepressants**

Tick here if you wish to order this publication

This booklet has been written to help you understand antidepressant medicines. It will not give complete information about every antidepressant, that would need a whole book! What it will do is answer the questions that people frequently ask about antidepressants and provide detailed information on the ones that are used most often.

Title: **Together we'll beat the blues**

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If you think you might be depressed, this booklet will offer you more information about how you and your doctor (GP) can work together to manage your illness.

Title: **Depression and older people**

Tick here if you wish to order this publication

If you think you might be depressed or if you have an elderly friend or relative who has depression, this booklet offers advice and information about the condition.

Title: **Depression during and after pregnancy**

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If you are depressed during your pregnancy or after your baby is born, do not despair. Most women will recover completely. This booklet offers advice and information about the condition

Title: **Cognitive Therapy**

Tick here if you wish to order this publication

Cognitive Therapy is an effective treatment for depression, helping you to recognise and challenge negative thoughts. This booklet offers advice and information.

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There are more leaflets available overleaf 

Title: **Wanting To Work**

Tick here if you wish to order this publication

Recommendations for people wanting to return to work after a depressive illness

Title: **Depression Alliance - Young People and Depression**

Tick here if you wish to order this publication

This small pack is for anyone who has contact with young people. It will tell you how to spot the signs of depression in a young person and enable you to help and support them.

Title: **Keeping Us Going**

Tick here if you wish to order this publication

This booklet is available on-line via our website or you can order a hard copy. This booklet offers help and guidance to people with mental health problems and their friends. It is published by the Mental Health Foundation.

Leaflets

Depression affects 1 in 5

Surviving Depression at Christmas

Depression and Young People

The Young Person's guide to stress

Seasonal Affective Disorder (SAD)

Caring for Carers

Self Help

Sleep

Panic Attacks

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