

Depression

What do we mean by Depression?

referring to these normal low periods in life. If we suffer a major loss we may have emotions

However, often

A self help programme giving further information about depression and strategies for managing moods can be found on www.cci.health.wa.gov.au/Resources/Overview

Useful books include:

Overcoming Depression Paul Gilbert
Mind Over Mood Dennis Greenberger and Christine Padesky
The Feeling Good Handbook David Burns

When should I seek professional help?

If you continue to feel isolated, powerless to do anything or unable to get on with your life, work or relationships then you should consider seeking further help.

If you are having difficulty eating or sleeping you can discuss this with your GP. Your GP will also be able to discuss the range of treatments available to you which could include counselling and/or medication. You may be worried about becoming addicted to medication but modern

Anti-depressants are not chemically addictive and many people find them helpful. They may not be a cure for depression but they can help (ideally alongside counselling) you to find the resources to address the circumstances contributing to your depression.

You can approach the University Counselling Service to ask for counselling - 01248 388520 or e-mail counselling@bangor.ac.uk for appointments for Assessments or Support Sessions

If you have strong feelings of hopelessness or are having persistent suicidal thoughts and feelings, you should contact someone for help as soon as possible.

Within normal working hours you can contact your own GP

Psychiatric Services and Community Mental Health Team, Hergest Unit, Ysbyty Gwynedd on 01248 363470

Out of Hours GP services are available on 0300 123 55 66

Accident & Emergency Unit, Ysbyty Gwynedd, Bangor

Social Services emergency number 01286 675502

Please visit our website for details of other emergency contacts.