

Depression

Depression affects around 1 in 10 people at some point in their life. It is a complicated illness and has different symptoms and causes

Unhappiness and low mood characterise depression, is different to just feeling down or sad. Some people will withdraw into an isolated world of their own: a 'black hole' with an unrelenting low mood or sadness, a loss of interest in pleasurable things and overwhelming sense of hopelessness. These symptoms will vary in intensity, and frequency. Sometimes depression can last for weeks or months.

Depression is triggered by upsetting or stressful events that spark a sense of loss, such as bereavement, redundancy and financial problems. Certainly, sadness and downswings in mood are a normal reaction to life's struggles and set-backs, but depression is an illness that is far more complex. Often people will develop the condition after experiencing long-term stress.

Even in its most severe forms, depression is highly treatable. A range of treatment options are provided, but the two main forms tend to be psychotherapy (counselling) and medication, which are often used in combination – particularly in more severe cases of depression.

We will work with clients to uncover and explore the underlying reasons that have contributed to symptoms of depression, whilst helping them to manage them more effectively. Counselling for depression is also useful for tackling low self-esteem, relationship issues, or persistent negative thinking that may be exacerbating the illness.