

Further information

Book - 'Depression: the way out of your prison' Dorothy Rowe.

Website - www.getselfhelp.co.uk

App - NHS mood monitor

Kirklees IAPT team

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Kirklees IAPT counselling team

What to do while waiting for counselling

Crisis support: 01924 284 555

Useful contact:

Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust. Please speak to a member of staff or contact our customer services team on 0800 587 2108 who can also provide help in understanding this information.

A self-help guide



With all of us in mind

While you are waiting:

Be kind to yourself

You are experiencing a normal response to negative life events.

Harsh self-criticism can be part of depression, but it often lowers mood. Being kinder to ourselves might help, even if it's difficult or means changing old habits.

How would we feel towards a friend who had been through the same things? We are often far harder on ourselves than we are on others.

Take care of yourself: food and drink

There can be a link between food and mood. Your eating habits may have felt different over the last few months.

The brain needs plenty of fuel to run on, so try to eat healthily 4 times out of 5, and at regular intervals.

Alcohol can have a depressing effect. When used heavily it can make it very difficult for people to feel better about themselves and their situation. It can also disrupt sleep, so it won't hurt to keep consumption to a minimum.

Talk about feelings

We often don't want to 'burden' friends or family with our problems, and we avoid talking to them.

People can be more supportive than we might think. If possible try to talk to someone who might listen fairly non-judgementally, and not give too much advice.

Telling someone how we feel can in itself lift mood, so it might be worth a try.

Emotional problems often underpin depression, and being 'heard' can help.

Connect with people

We might not want to be around others. This is a normal part of what goes on in the brain.

Isolation tends not to be good for mood. We are social creatures who often do better when we feel part of something.

Although negative things have happened to us, try to give people a chance, or even to look for the good in them.

Paid/unpaid work, clubs, childcare, playgroups are all useful ways of getting together with others.

Take care of yourself: sleep

We might think we are doing less but our minds are very busy, and can affect sleep.

This often improves as mood lifts again, so try not to worry. Avoid too much caffeine after lunch (tea, coffee, coke, energy drinks, chocolate).

Set up a 'wind down' routine without tv, internet or phone use too close to bedtime.

Go to bed when tired enough to nod off within 10-15 minutes. Get up and do something low-key if this doesn't happen, or if you can't get back to sleep in the night.

Get involved with activities

Some people find exercise helps mood, and getting outdoors is thought to be helpful.

Depression can cause us to lose touch with activities that really make us 'us', or that we've done for a long time. It doesn't seem to matter what these are, so long as we have some!

Gently challenging ourselves to try these again, or to try something new, can help some of us get going again after a bad time, and put things in perspective.

However, it is extremely important not to be self-critical, or to think in terms of 'failure' when we are not yet ready to do this.

We are all wired to experience depression. It is a normal state, and not a sign of madness or anything terribly wrong with someone.

When we are low it becomes difficult to see things positively. Parts of the brain become very receptive to negative information, particularly about ourselves or about how we measure up.

might help your recovery.

Kirklees IAPT counselling team



While everyone is different, some things are known to be helpful in tackling low mood. We hope that some of what you read