

## Depression

When someone is depressed, they may experience some of the feelings and effects on their everyday life listed below.

**How could you as a Home-Start volunteer help someone experiencing these feelings and effects?**

**Are there some on the list which might make you feel you were getting out of your depth and might need to get additional advice and support from your organiser/co-ordinator?**

- dislike themselves, or some aspect of themselves
- dislike someone else – a particular family member, for instance
- see the worst in everything, being critical of everyone
- feel numb, empty, despondent, tearful
- find it hard to concentrate or do simple tasks
- feel helpless, without hope that things will improve
- lose self-confidence to do things they used to, such as driving or going shopping
- feel physically exhausted
- feel overwhelmed by the practical details of life
- feel irritable or impatient
- have disrupted sleep patterns – waking early, unable to sleep or sleeping all day
- change their eating patterns – may not want to eat, or may 'comfort eat'
- have poor self-care – not washing hair, changing clothes
- cut themselves off from the outside world – don't answer the door or the phone, keep the curtains closed
- lose track of time
- feel they can't trust others
- be fearful of leaving the house or of letting others in
- experience panic attacks
- no longer enjoy pastimes or hobbies as they used to
- use more alcohol, tobacco or other drugs
- have a weakened immune system – they may pick up more infections
- self-harm
- feel suicidal.