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# Depression

**clinical depression - nhs** - depression is more than simply feeling unhappy or fed up for a few days. most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days. **depression | mind, the mental health charity - help for ...** - depression is a low mood that lasts for a long time, and affects your everyday life. in its mildest form, depression can mean just being in low spirits. **all about depression - mental health foundation** - what is depression? the word depression is used to describe a range of moods - from low spirits to a severe problem that interferes with everyday life. **understanding depression understanding - mind** - 4 understanding depression what is depression? depression is a low mood that lasts for a long time, and affects your everyday life. in its mildest form, depression can mean just being in low spirits. **understanding depression - samh** - understanding depression 6 understanding depression 7 what causes depression? as the table on p.5 shows, depression presents itself in many different ways. **understanding depression understanding - mind** - understanding depression if you are depressed, you may feel that nothing can help. but this is untrue. most people recover from bouts of depression, and some even look **depression and low mood** - 4 what is depression? depression is a common mental health problem. at least one in ten people will experience depression at some time. in its mildest form depression does not stop us from leading a **thought record sheet - depression - getselfhelp** - thought record sheet - depression situation rate 0 unhelpful thoughts / images feelings: emotion/s -100% physical sensations alternative response / healthier **work related stress, depression or anxiety in great ...** - stress, depression or anxiety than the rate for all occupations. for the three-year period averaged for the three-year period averaged over 2015/16-2017/18, the professional occupations category had 2,090 cases per 100,000 people **depression - rethink mental illness** - 4 clinical depression clinical depression is a common term, but it is not a formal diagnosis. people sometimes say 'clinical diagnosis' to just mean they have been

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