



from Hilary Cottage  
Surgery Patient  
Participation Group

## OVERCOME DEPRESSION

### Local Support & Advice

Depression is often described as 'feeling low', but it can be much more than this. There is a range of help and advice available for anyone who thinks they may be feeling depressed or simply wants to be able to support a friend or family member suffering from depression. We have listed some easy to reach, local support.

### Our speakers' organisations offering local support & advice:



**2gether NHS Foundation Trust** provides specialist mental health services to people living in Gloucestershire.

Most of their services (96%) are provided within the community and as close to an individual's family and friends as possible – this is an essential factor in helping to improve a person's recovery. Last year, support was given to more than 40,000 individuals, their carers and families.



**A simple starting point is to talk to someone.**

**Let's Talk is a free service** with people there ready to listen, help and suggest the best way forward for you. **Call 0800 073 2200** or go to <https://www.talk2gether.nhs.uk/>

contact



**Contact** is the military mental health and wellbeing partnership

Forces personnel and families often cope with a wide range of circumstances beyond those which make the news headlines. **Contact** offer free and confidential support to Veterans and Armed Forces family members struggling with depression or trying to help those with depression.



**It's easy to speak to a member of the team.**

Simply **call 0808 2020 144** between 9am and 5pm Monday to Friday.

You can also ask **Contact** to call you, by going to <http://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/hidden-wounds-service/>

**SAMARITANS**  
Need someone to talk to?

**The Samaritans operate round the clock, 24 hours a day, 365 days a year.**

The Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.



**If you need a response immediately, it's free to call 116 123.**

You can talk to a Samaritan face to face from 08.00 - 22.00. There are **LOCAL BRANCHES** where you can drop in and talk to someone:

- ▶ **Cheltenham:** Victoria House, Back Albert Place, GL52 2HN
- ▶ **Swindon:** 6 Curtis Street, Swindon, SN1 5JU

Some people don't like talking on the phone and find it difficult to open up to friends and family. So, you can **email us** at: [jo@samaritans.org](mailto:jo@samaritans.org) or **write to us** Freepost RSRB-KKBY-CYJK, P.O. Box 9090, STIRLING FK8 2SA.

You can also find out why **The Samaritans** service works and what you can expect when contacting **The Samaritans** by clicking on <https://www.samaritans.org/how-we-can-help-you/contact-us/what-happens-when-you-contact-us>

## Other sources of support & advice:

1. The NHS web site <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-helplines.aspx> offers a range of 'self-help' links to support and advice. These include:

A simple link that leads to information on 'Common Problems' and 'What you can do now'.



### Mood self-assessment

We can all feel low, anxious or panicky from time to time. Check your mood using this simple questionnaire and get advice on what might help.

Five common areas of concern are listed. 'One click' takes you to a range of helpful tips

### Tips and advice to boost mental health

- [10 stress busters](#)
- [How to feel happier](#)
- [Dealing with panic attacks](#)
- [How to fight fears and anxiety](#)
- [How to control your anger](#)

2. Other organisations offering support:

- ▶ **CALM:** The Campaign Against Living Miserably, **for men aged 15-35**. Website: [www.thecalmzone.net](http://www.thecalmzone.net)
- ▶ **Mind:** The 'home page' has links to real people and their recovery stories. **PLUS** Mind now runs the on-line 'Friends in Need' network started by the Depression Alliance. This is **a way for people affected by depression to meet online** and in their local area. It's free to join and a great way to share support. The direct link to this is <https://friendsinneed.co.uk/>. **Mind** has a national helpline to call during office hours: 0300 123 3393 (Mon-Fri, 9am-6pm). Website: [www.mind.org.uk](http://www.mind.org.uk)
- ▶ **Mental Health Foundation:** This organisation provides information and support for anyone with mental health problems. The website offers information on 'Signs and symptoms' and 'How do I get help?'. Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk).