



# 12 facts about depression

“In a Nutshell”

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## Essential facts about depressive illness

1. It is primarily a physical not a mental illness.....look after you, think about yourself as not a bottomless resource - you need to have 'me' time
2. It happens to strong, not weak people.... Honest!
3. It is not the same as "feeling depressed and fed up"
4. You do not know how a person suffering it feels unless you have had it yourself and each person experiences depression in very different ways
5. You cannot pull yourself out of it.... depression does not work that way
6. It gets better eventually, it will take longer than you want but not as long as you fear
7. It gets better quickest if you rest.... pace yourself
8. Anti-depressants are not addictive.....they take time to work and you won't necessary be taking medication forever
9. Anti-depressants usually take a few weeks to work - whilst you are waiting for them to work, look after yourself
10. Do not stop your anti-depressants as soon as you feel better.
11. When recovering, increase your activity slowly, as your body dictates.... listen to what your body is saying to you
12. In order to stay well following recovery, you will need to make changes to the way you operate, and possibly the way you think.