

Depression

Understanding major depressive disorder

Major depressive disorder affects mood, interest and daily life. Diagnosis requires a clinical assessment.

What it can look like

Mood and interest

You may feel low or lose interest in things you usually enjoy.

Energy and everyday life

Sleep, appetite and energy may change. Tasks can feel harder.

How you might feel

You may feel sad, empty or hopeless. This is not a personal failing.

What may help

- Speak to a GP if symptoms persist or affect daily life.
- Treatment can include talking therapy, medicines or both.
- Keep small routines and stay connected where you can.

You deserve support, even when asking feels difficult.

Cannot keep yourself safe? Call 999 or go to A&E. Samaritans: 116 123 for free listening support.

NHS | Depression in adults

NHS | Urgent mental health support

Talk. Be Heard. Reflect.

Room2 Counselling | Information handout | Edition 1

General information, not a diagnosis or individual treatment advice.