How to contact us:

Write to:

Community Learning Disability Team
The Redwoods Centre
Somerby Drive
Bicton
Shrewsbury
Shropshire
SY3 8DS

Email CLDTShrops@mpft.nhs.uk

Telephone: 01952 457417

IN AN EMERGENCY

	Monday-Friday between 9.00am-5.00pm Please phone the Community Learning Disability Team on 01952 457417 Ask for your Nurse, Doctor, OT, Physio, SLT or Psychologist. If they are not there, ask for the Duty Worker. Someone will talk to you.
	On Saturdays, Sundays or Bank Holidays or if it is before 9.00 am or after 5pm: Medical problems call your G.P. (doctor) or NHS 111. Mental Health problems call the Access Team 0300 124 0365. Social Services call 0345 604 2886.
	If there is an emergency: If you or another person is very ill, please phone 999 and ask for 'Ambulance'. If you or another person is in danger, please phone 999 and ask for 'Police'. If there is a fire, please phone 999 ask for 'Fire Service'.

If you require this information in another language or any other format, please contact Customer Services on 01785 783023, or customer.services@mpft.nhs.uk

Adult Learning Disabilities

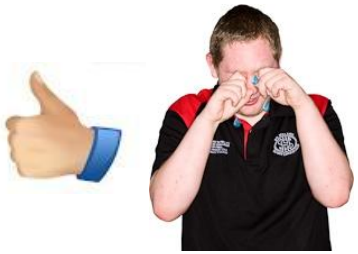
NHS
Midlands Partnership University
NHS Foundation Trust

The Adult Community Learning Disability Service



Depression

How often do you feel sad?



It is ok to feel sad sometimes.



People can feel sad at different times in their life.



Depression happens when sad feelings don't go away and they get in the way of everyday life.

What makes you feel sad?



Sometimes we don't know why we feel sad

Sometimes there is more than one reason











Sometimes we do know we feel sad.
Like when we experience:

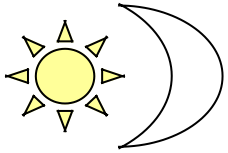
- Relationship break up
- Loss
- Someone dying
- Housing or money problems
- Illness
- The birth of a child

What happens to you when you are sad?

There could be changes in your body and what you do









- Tiredness
- Sleep problems
- Can't rest
- Eating too much
- Not eating enough
- Feeling worse in the morning or evening
- Going off things you used to enjoy, like swimming

How do you feel when you are sad?

There could be changes in your feelings



You may feel:

- Upset
- Lonely
- Like crying all the time
- Hopeless
- Guilty
- Angry

What do you think when you are sad?

There might be changes in how you think



Things YOU can do to help yourself

There could be changes in your feelings



Share your experiences by talking to a professional



Learn what starts the sadness and make a plan to cope



Do activities you enjoy and make you happy



Do some exercise like going for a walk

Sleep well



Eat well

Learn to relax