How to contact us:

Write to:
Community Learning
Disability Team
1st Floor Friary Centre
St Michaels Court
Trent Valley Road
Lichfield
Staffordshire
WS13 6EF

Write to:
Community Learning
Disability Team
St Georges Hospital
Flanagan Centre
Corporation Street
Stafford
Staffordshire
ST16 3AG

Email CLDTStaffs@mpft.nhs.uk

Telephone: 01785 221576

	IN AN EMERGENCY Monday-Friday between 9.00am-5.00pm. Ring 01785 221576 Ask for your Nurse, Doctor, Occupational Therapy, or Psychologist. If they are not there, ask for the Clinical Co-ordinator.
	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 555 5001. Social Services call 0345 604 2886.
	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

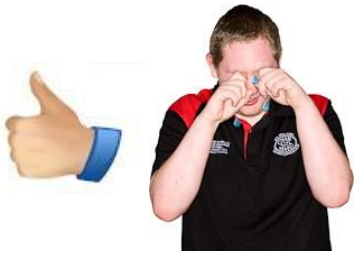
NHS
Midlands Partnership University
NHS Foundation Trust

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:

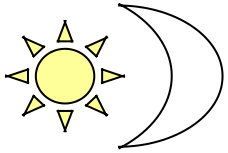
- Relationship break up
- Loss
- Someone dying
- Housing or money problems
- Illness
- The birth of a child

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