

# Depression



## What is Depression?

Depression is when someone experiences low mood for a prolonged period of time. People often have episodes of depression which can last for days, weeks or months.

There is no single cause of depression, and it can occur for a variety of reasons. Everyone can experience low mood from time to time – it is a normal emotion.

When feelings of low mood and sadness are persistent, this might be a sign of depression.

## Symptoms

Depression will feel different for different people, but common symptoms include:

- feeling down
- upset
- tearful
- irritable
- negative about oneself or the future
- feeling detached from life and other people.

These persistent feelings can lead to someone withdrawing from friends and family, and avoidance of daily life. Depression can also cause sleep problems, tiredness, concentration difficulties and increase or loss of appetite.

The main sign that someone is depressed is a change in behaviour. Someone might start to act differently to how they used to, or stops doing things they used to do.

## Depression and Tourette Syndrome (TS)

Depression can interplay with TS in different ways:

- TS symptoms may trigger depression as they have a physical and psychological impact
- Physiologically, the neurotransmitter dysfunction that causes involuntary tics may also cause low mood
- Some drugs used to manage tics can cause depression

## Managing Depression

The main treatments for depression are talking therapies – mainly Cognitive Behavioural Therapy (CBT), Interpersonal therapy (IPT), psychodynamic psychotherapy – and medication. Self-care for helping with depression includes regular exercise, a healthy diet, getting good sleep and looking after your hygiene.

If you feel that you or child may have depression the first step is to contact your GP. They will refer you to a specialist, if needed, for further assessment and treatment.

For more information and support you can contact the following organisations:

**Mind – a national charity offering advice and support to anyone experiencing a mental health issue**

[www.mind.org.uk](http://www.mind.org.uk)  
0300 123 3393

**NHS Choices – the official website for the National Health Service in England**

[www.nhs.uk](http://www.nhs.uk)