



Depression

Depression is a low mood that lasts for a long time and affects your everyday life. Experiencing depression can make it hard to find the energy to look after yourself. But taking an active role in your treatment and taking steps to help yourself cope with your experiences, can make a big difference to how you feel. Here are some things you can try

- Get good sleep**
- Eat well**
- Keep active**
- Look after your hygiene**
- Avoid drugs and alcohol**
- Work out what makes you happy**
- Treat yourself**
- Be kind to yourself**
- Keep active**
- Challenge your low mood**
- Connect with other people**
- Contact a helpline**

Rotherham office: 01709 919929

Barnsley office: 01226 211188

rbmind.co.uk

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