



HPC Registered  
BPS Chartered Counselling Psychologist  
BPS Expert Witness  
BACP Senior Accredited  
UKRCP Registered

# Debbie Smith Therapy

## Chartered Counselling Psychologist

### Depression

Depression is a common condition that is estimated to affect one in three people at some time in their lives. It is a complicated illness with many different symptoms and causes.

Changes in eating habits and sleeping patterns and overwhelming feelings of despair are often the first signs of depression.

Many sufferers become emotionally detached from those around them and withdraw into a world of their own. Some describe it like being in a prison with no windows or doors, which can alienate friends and relatives, increasing the isolation.

### Symptoms

- Changes in sleeping patterns; broken nights or over-sleeping
- Changes in eating patterns; loss of appetite or over-eating
- Overwhelming feelings of guilt and worthlessness
- Tiredness and loss of energy
- Headaches; stomach upsets or chronic pain
- Persistent thoughts of self-harm
- Using alcohol to block feelings

### Types of depression

- Bipolar disorder/manic depression
- Postnatal depression
- Seasonal affective disorder
- General depression
- Reactive depression

### Causes

- Depression can result from post-viral illnesses, so it is always worth checking to see if there is a physical cause.
- It can be a reaction to a life event.
- It can also result from persistent unhelpful thinking patterns and belief systems.

### How talking to Deborah can help

By talking with Deborah, you can begin to understand your depression, its patterns and triggers. Then learn how to challenge persistent negative thinking, thereby assisting you in managing the symptoms and make the necessary changes to life.

*Your Mind Matters...*  
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