

This brochure was commissioned by the

Charlie Waller Memorial Trust

Charlie was a 28 year old account man working in advertising when he committed suicide whilst

suffering from depression.

The trust was set up soon after with these aims:

To increase awareness of depression and its symptoms among the general public.

To eliminate the stigma that is still attached to mental illness.

To encourage those suffering from depression to seek medical help.

To inform GPs of any new medications and treatments available to depressives.

For more information write to The Charlie Waller Memorial Trust, 15a High St, Thatcham, Berkshire RG19 3JD. Tel. 01635 869754.

Email: [admin@cwmt.org](mailto:admin@cwmt.org) [www.cwmt.org](http://www.cwmt.org)

Registered Charity No. 1109984

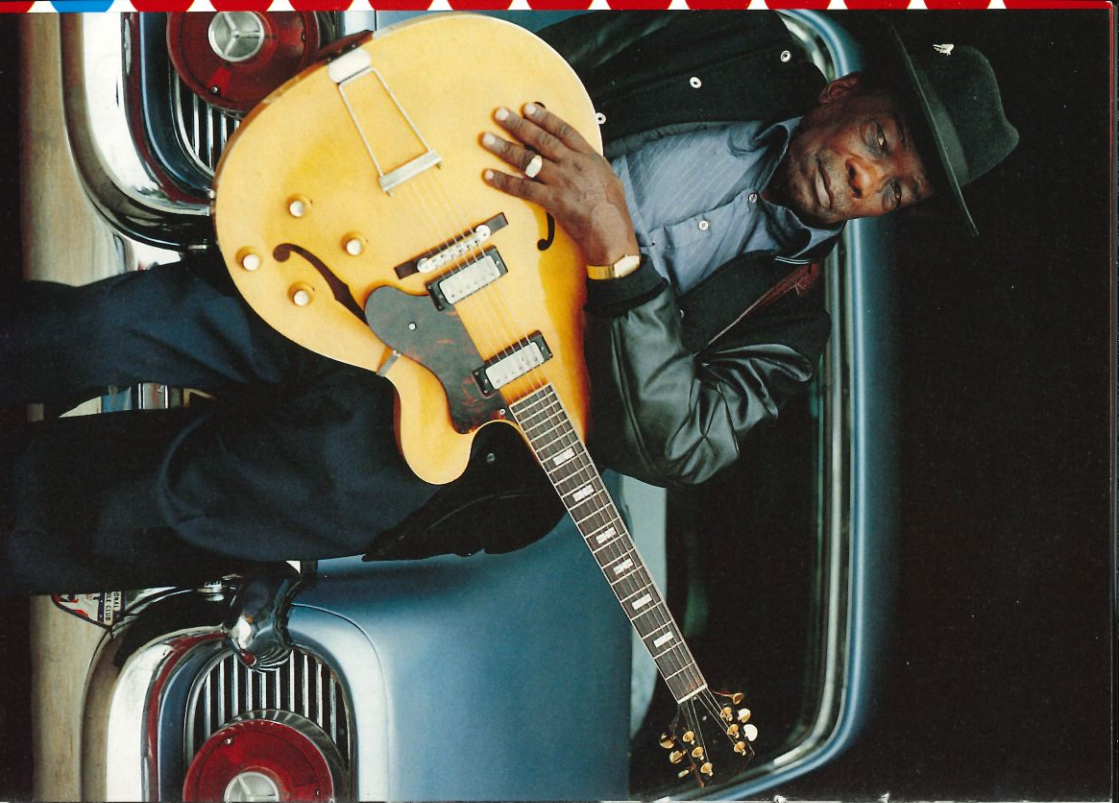
NEED  
FANCY  
A CHAT?



## The figures

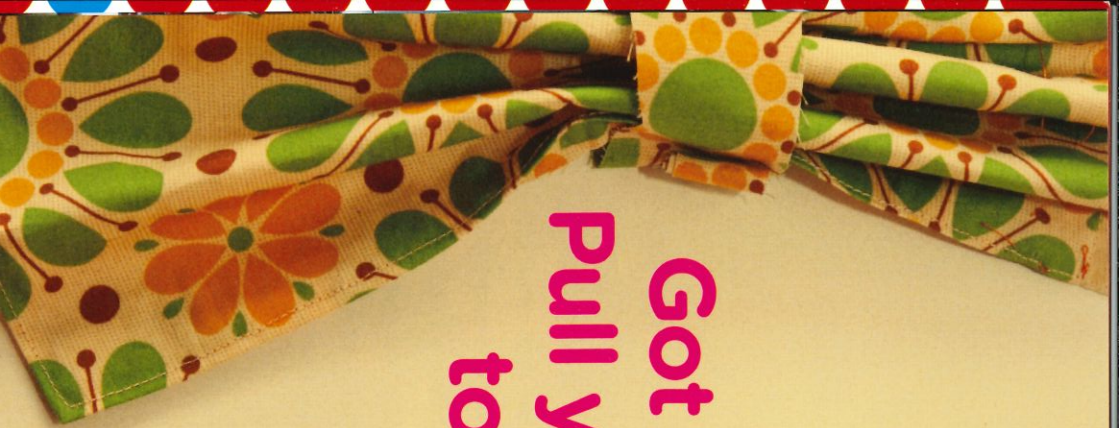
Known in specialist circles as 'The common cold of psychiatry,' depression is widespread in Britain. As many as 1 in 4 of us will be affected at some point during our lives. And figures may increase in high stress industries like advertising. At any time, 10% of your work mates are likely to be suffering from depression. They will need specialist medical help and advice. Because although depression is common, it doesn't take a day off and some Lemsip to cure it.





The sadness which presents itself in everyday life should not be confused with clinical depression. Sadness is a very normal human reaction to an external happening: Your goldfish dies, you feel sad. That's normal. With clinical depression however, feelings become totally out of proportion to the external cause, and persist. In fact, many people who suffer from depression are devoid of any happy or sad feelings whatsoever. Instead, they feel what is often described as 'an emptiness' or 'numbness' which makes them question the point of living at all.

*It's not about having*  
**the blues**



# Got cancer. Pull yourself together.

Sounds odd doesn't it?  
You wouldn't say it to someone  
with such a serious illness.  
But if you suffer from depression,  
it's a common piece of 'advice'.  
Depression is an illness just like cancer.  
Both can afflict absolutely anyone.  
Both can be fatal.  
Neither are a figment of the  
sufferer's imagination.  
Both are medically treatable.  
Neither will disappear if you  
just ignore them.  
And neither is cured by a  
few pints down the pub.







Feelings of hopelessness and pessimism



Feelings of worthlessness, guilt, and helplessness



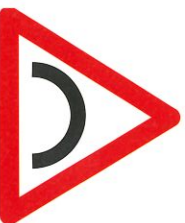
Irregular sleep



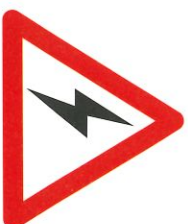
Decreased energy



Tearfulness



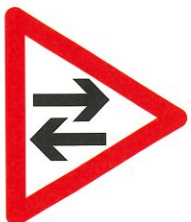
Persistent, sad, anxious or empty mood



Restlessness



Insomnia



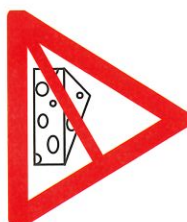
Changes in mood



Difficulty making decisions



Thoughts of death or suicide



Appetite and weight loss

## THE WARNING SIGNS.

Learn these signs for your own safety and for the safety of others.


Failure to do so may result in fatality (15% of people who suffer from depression make an attempt on their lives). If you know someone who shows 4 of these symptoms for some weeks take immediate action.

Go to [www.cwmf.org](http://www.cwmf.org) to find out more.







A blister pack containing three pills. Each pill is split vertically, with a yellow left half and a blue right half. A simple smiley face is printed on the yellow half of each pill. The blister pack is set against a dark, textured background. A speech bubble with a white background and a grey border points towards the pills. Inside the speech bubble, there is text discussing the treatment of depression.

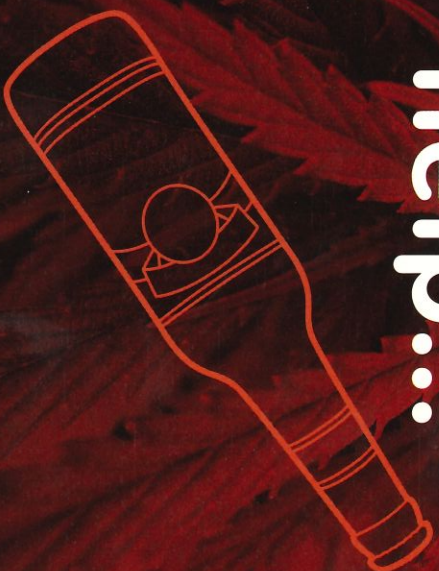
Depression can be treated medically.  
Different medications work for  
different people.  
But pills aren't the only answer.  
Diet and exercise can be a massive help.  
And cognitive therapy is also a very  
successful way to alleviate the symptoms  
of depression.  
The simple act of talking.

1 1

does  
help...



doesn't  
help...



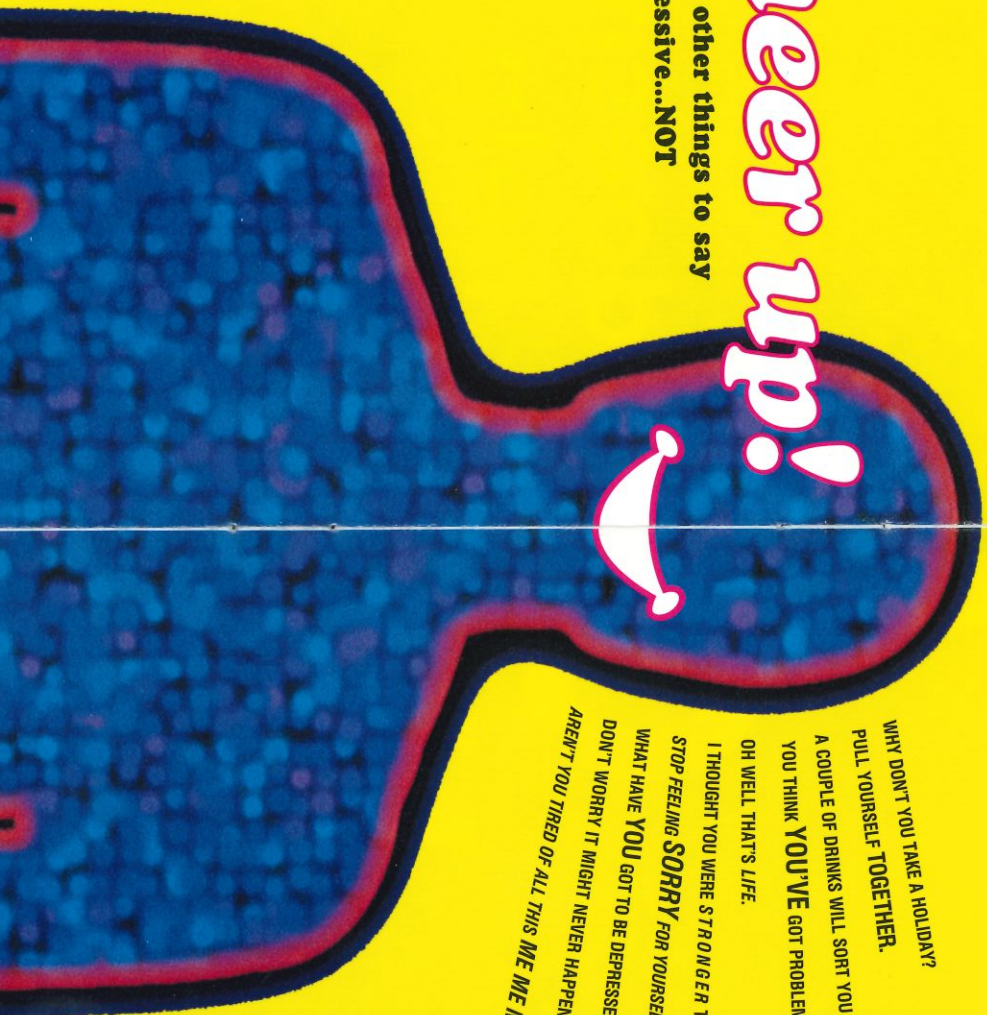


# cheer up!

and other things to say  
to a depressive...NOT



WHY DON'T YOU TAKE A HOLIDAY?  
PULL YOURSELF TOGETHER.  
A COUPLE OF DRINKS WILL SORT YOU OUT.  
YOU THINK YOU'VE GOT PROBLEMS.  
OH WELL THAT'S LIFE.  
I THOUGHT YOU WERE STRONGER THAN THAT.  
STOP FEELING SORRY FOR YOURSELF.  
WHAT HAVE YOU GOT TO BE DEPRESSED ABOUT?  
DON'T WORRY IT MIGHT NEVER HAPPEN.  
AREN'T YOU TIRED OF ALL THIS ME ME ME STUFF?





# ACT NOW

If you think someone's suffering from depression, talk to them. Get them to contact a doctor. If they won't, use foresight and phone one of the numbers overleaf for them. Because we all have perfect hindsight but by then it's too late.

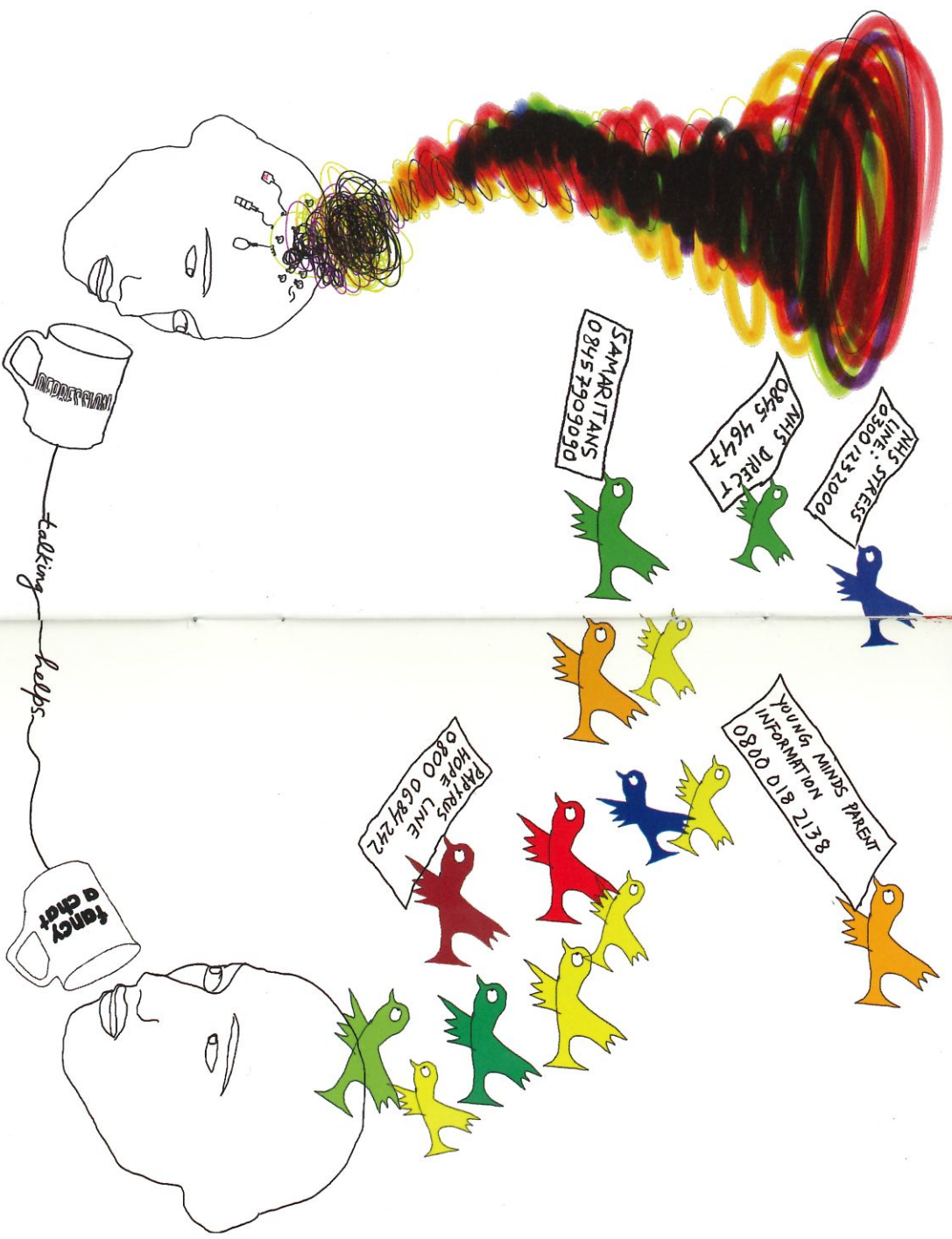




Adults  
40+

Silence gets you nowhere.

Start talking. [www.cwmlf.org](http://www.cwmlf.org)



SAMARITANS  
0845 7909090

NHS DIRECT  
0845 4647

NHS STRESS  
LINE:  
0300 232000

PAPAPOS  
HOPE LINE  
0800 0684242

YOUNG MINDS PARENT  
INFORMATION  
0800 018 2138



talking helps

