

DEPRESSION

IS THIS YOU?

1 IN 5

OF US BECOME
DEPRESSED AT SOME
POINT IN OUR LIVES



NO MATTER YOUR SYMPTOMS...



FEELING SAD
OR LOW MOOD



LACK OF
MOTIVATION



DIFFICULTY
CONCENTRATING



TIREDNESS/
LACK OF SLEEP

NO MATTER THE CAUSE...



PHYSICAL
HEALTH



MONEY
WORRIES



TOO MUCH
STRESS



GENETIC
INHERITANCE

NO MATTER WHERE YOU'RE AT...



MILD



MODERATE



SEVERE

THERE'S ALWAYS SOMETHING YOU CAN DO



TAKE EXERCISE



DISCOVER SELF-HELP
PROGRAMMES

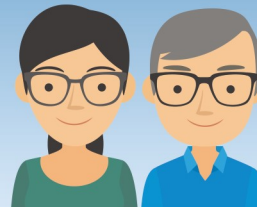


TRY THERAPY

AND TALKING HELPS



FRIENDS



FAMILY



GP

FOR MORE HELP AND ADVICE VISIT
BWCHARITY.ORG.UK/MIND/DEPRESSION



0800 0234 834



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We exist to support the health and wellbeing of the banking community