

Depression**Alliance**

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Chair of Trustees

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About Depression Alliance

**We bring
people
together to
make them
happier**



Depressionfacts & figures

- 1 in 5 of us are directly affected
- 6,000,000 people under NHS care
- Over 6,000 people took their own lives in 2013
- 12.8 million working days lost from depression, anxiety and stress – second after backache
- Average time off is 30 days for depression and 21 days for anxiety
- Sickness absence - £5.8 billion costs



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Friends
in need

Friends in Need is brought to you by Depression Alliance

Multiple clinical terms and treatment options

- Depression
- depression and anxiety
- Bi-polar
- Manic depression
- Seasonal
- Resistant depression.....



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Treatment options

- Talking therapies
 - CBT
 - Mindfulness
 - Behaviours
- Pharmaceutical
 - Antidepressants
- Family therapies
- ECT
- Bright light

What does depression look like?

- Tiredness & loss of energy
- Persistent sadness
- Loss of confidence & self esteem
- Concentration difficulties
- Avoiding others, lonely & isolated
- Sleep/ eating/ physical pain
- Thoughts of suicide



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Recovery is Likely

- High rates of full recovery from a treated first episode: 92%
- Average length of episode: 6 months
- Good rates of functional recovery, including going back to work
- Relapse rates around 40% over 5 years 60% in 10 years.
- **BUT** nearly 1 in 5 suffer for more than 2 years
- Greater severity of illness was the most consistent predictor of poor outcome.



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Providing support

- Good NHS support
- Access to the right care and treatment, including wellbeing programmes
- Supportive work environment
- Social network of friends and family
- Exercise
- Other people's stories of hope and recovery
- Talking therapies
- Medication – at times
- Mindfulness and self-compassion



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Care and treatment is a jigsaw based on individual needs

Life at work



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Life at work



Depression at Work



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Results from a survey by Depression Alliance, April 2014.



1 in 3

people in the UK found it hard to cope at work because of depression, stress or burn out.



However, of those who confided in a colleague,

71%

said it HELPED.

83%



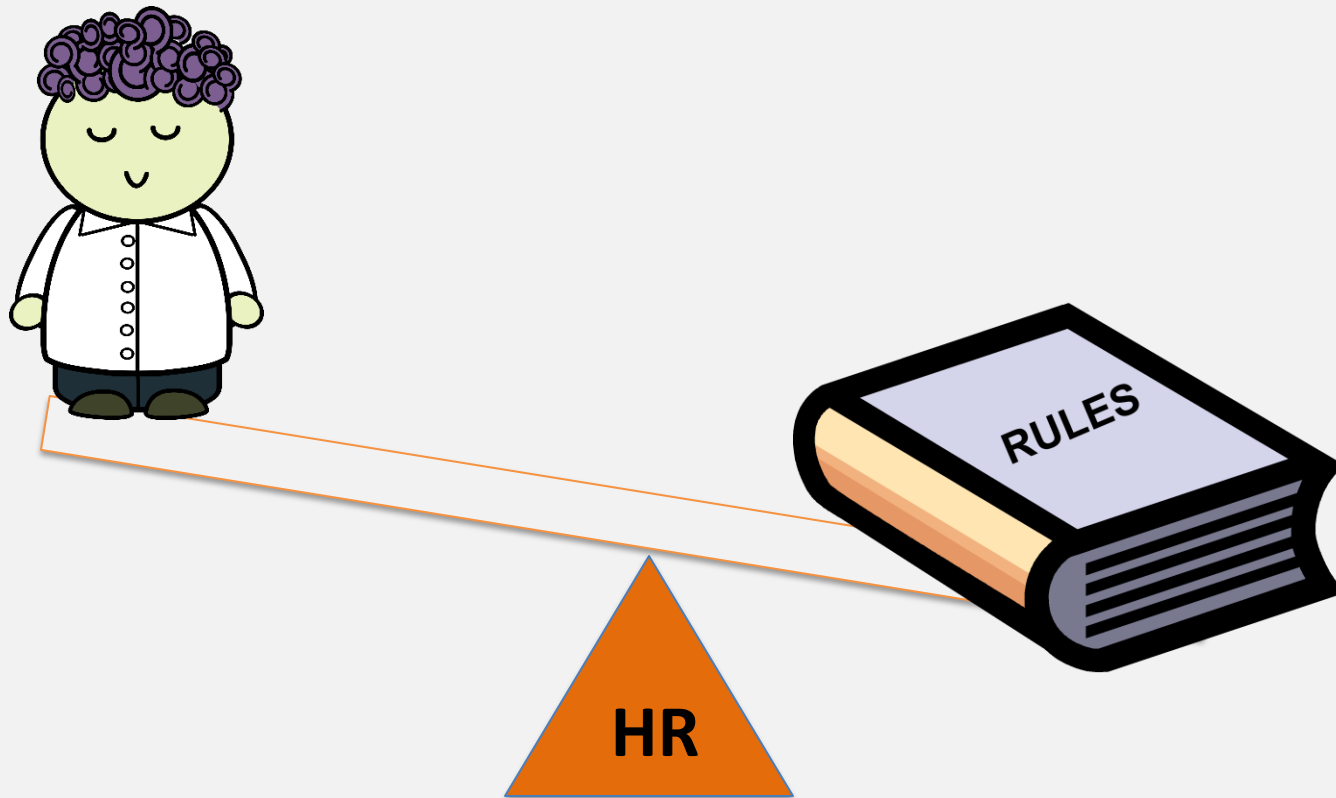
of these felt isolated and lonely as a result.

<HALF (47%)

of those who have found it hard to cope at work because of depression have confided in a work colleague.



Balancing needs and requirements



Systems and processes

- Absence long or short term
- Employee Assistant Programmes
- Return to work plans
- Reasonable adjustments

What works for employers and employees?

- Do talk
- Do listen
- Do make time
- Do encourage contact with colleagues
- Do be open as an organisation
 - Sign up to *Ti*
- Do promote mental health and wellbeing
 - 5 ways to well being
 - Connect; Be active; Take notice; Keep learning; Give
- Do sign post to support
- Don't assume absence is needed
- Don't be fearful of someone else's tears



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Friends in need

Good friends who understand depression can be a life-line. Friends in Need is a free and supportive community for everyone affected by depression, so you don't have to go through it alone.

www.friendsinneed.co.uk

We are all different

Friends in need



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Useful sources

- Friends in Need social network:
www.friendsinneed.co.uk
- Work in Progress:
<http://www.depressionalliance.org/how-we-can-help/work-progress-campaign>
- Mental Health Task Force, 2016:
<https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>
- <http://www.mind.org.uk/workplace/mental-health-at-work/>
- <https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved>