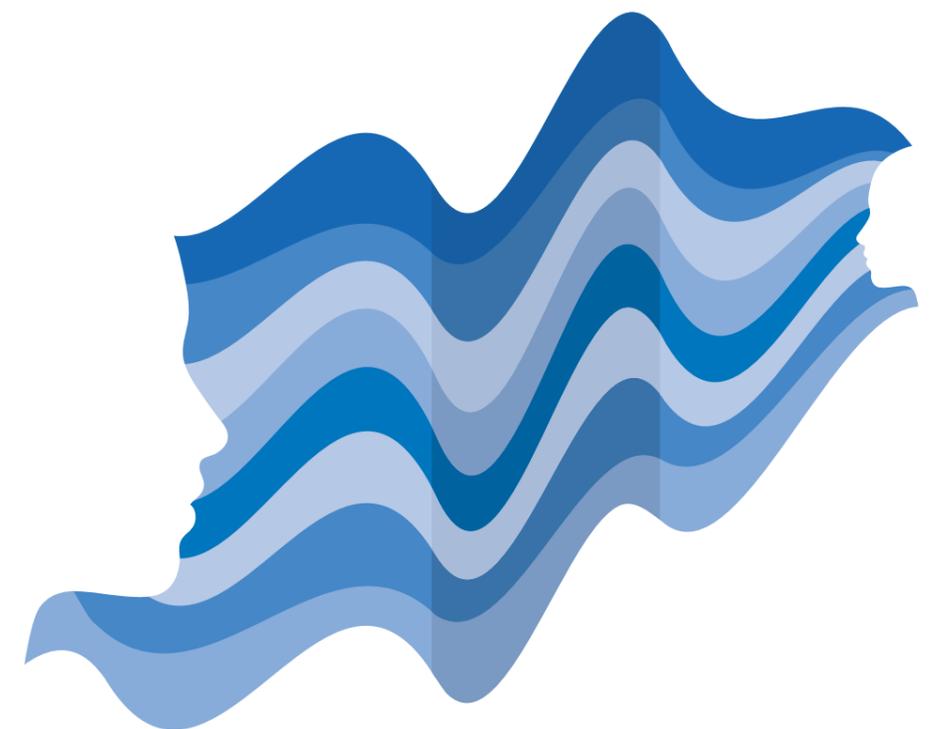




Sussex Partnership
NHS Foundation Trust

How we can help and support you:
A Guide for Depression
Mood and Anxiety Clinical Academic Group (maCAG)



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This is a brief summary of how we can help and support you if you are an adult experiencing depression. We usually provide the following support and treatments. We will ask you what would help you most.



Daily Life

We will aim to offer information and support around education, work, coping with day to day life, social needs and housing needs.



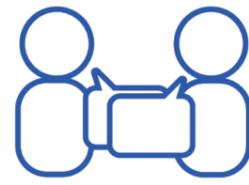
Friends and Family

We will aim to involve family, friends, carers and others with your consent.



Medication Treatment

We will listen to you about taking medication. We will give you information to help you choose what is best for you. You will have regular reviews to see how the medicine is working and if there are any side effects. This is likely to include using a group of medications called 'SSRIs'.



Psychological Therapies

We will aim to offer a range of talking therapies. These will be appropriate for your level of depression. This may include self-help, short-term therapy and specialist therapies: cognitive behaviour therapy (CBT), behavioural activation, interpersonal therapy, dynamic interpersonal therapy, counselling for depression, or behavioural couples therapy.



Physical Health Care

We will aim to offer you information on how to improve your physical health. This can help with your depression. Increasing exercise and reducing alcohol is especially effective. We can put you in touch with other organisations for more support. This may include recommending more health checks.



Self-management

We will aim to support you to use CBT and other resources to self-manage depression. We will also aim to provide information about depression support organisations. This will include how to access support from people who have suffered depression themselves, and Recovery College courses.



Treatment for other difficulties

If you have other problems in addition to your depression we will aim to provide advice and support to help you access effective care and treatment for these difficulties. This will be in line with our other summaries of help and support.

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGS. This provides our Menu of Care and Interventions for Depression, of which this document is a summary. It also provides links to the guidelines produced by the National Institute for Health and Care Excellence (NICE).

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk