wellbeing – Depression

# hwwb-wideBackground

Depression is an illness, just as flu and chickenpox are, and needs to be taken just as seriously. The difference with depression is that it lasts longer and can have an extreme effect on your life. The symptoms vary in different people. Knowing what the symptoms are, who you should talk to and what treatments are available can help you recognise the early signs of depression.

Depression is when we feel low or sad and can’t find any pleasure in life. Many of us feel like this sometimes, but depression is when these feeling last longer and are more extreme.

Other symptoms of depression include feeling hopeless, tearful, irritable, intolerant, anxious or worried. You may also feel exhausted or agitated and find that you can no longer cope with everyday things that would not have bothered you in the past. Losing your appetite, losing weight and having trouble getting to sleep are also signs of depression.

In extreme cases you might even think about harming yourself or other people. Depression can build up gradually, so you might not realise how much it's affecting you.

## Relevance to this site / location

Explain the reasons why this TBT is being given. Is it due to a recent event that has occurred locally or somewhere else within Carillion / industry; or has the subject matter been specifically identified as being directly or potentially relevant to the site / location? If so explain that relevance.

# Toolbox Talk

## Where to go for help

If you think you may be depressed, see your Doctor. Don’t be embarrassed: depression is very common. One in five of us experience depression at some point in our lives. It's important to see your Doctor sooner rather than later, so you can start having treatment and start feeling better.

If your Doctor thinks you have mild depression and may improve, they may decide on 'watchful waiting'. This means they will see you again in a couple of weeks to assess how you are.

If your Doctor thinks you need treatment, there are two types they may prescribe. The first is a talking treatment, such as counselling or cognitive behavioural therapy (CBT), which helps you to challenge negative thoughts.

The second type of treatment is a course of antidepressants. These can take two to four weeks to have an effect. Antidepressants can work well and help you to feel and cope better, but you may have to try different doses, or different types, to find the best one for you.

If your Doctor thinks you have severe depression they may suggest a talking treatment and antidepressants. When combined these treatments usually work better than either one on their own.

## Help yourself

There are ways to help yourself combat depression:

* Get some exercise, such as going out for a walk, swimming or cycling. Even housework and gardening can help. Keeping busy can help occupy your mind, and doing something physical can help you keep fit and might help you sleep at night.
* Talk to someone close, who you trust. Talking openly about your problems and worries can often help.
* Looking after yourself. Eat a healthy diet and avoid alcohol, as this can make your depression worse.

# Questions to Ask

**Note:** Where appropriate the questions should be put forward in a way that makes them relevant to the circumstances of the site / location.

**Q - How do think you could recognise a person who is depressed and what could you do to help?**

*Local discussion required*

**Q - Have you got any questions on the topic?**

**Q - What are you going to do differently as a result of this Toolbox Talk?**

If you believe you need more training then please discuss this with your line manager / supervisor.

# Supporting Information

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| [Wellbeing - Lifestyle Choices TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_137_core_wellbeing_lifestyle.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_137_core_wellbeing_lifestyle.docx)) | [Wellbeing - Exercise TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_140_core_wellbeing_excerise.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_140_core_wellbeing_excerise.docx)) |
| [Wellbeing - Looking After your back TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_138_core_wellbeing_back.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_138_core_wellbeing_back.docx)) | [Wellbeing - Emotional TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_141_core_wellbeing_emotional.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/tbt_141_wellbeing_emotional.doc)) |
| [Wellbeing - Fitness for Work](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_146_core_wellbeing_fitness.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_146_core_wellbeing_fitness.docx)) | [Wellbeing - Dealing with Stress TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_142_core_wellbeing_stress.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/tbt_142_wellbeing_stress.doc)) |
| [Wellbeing - Sleeping Well TBT](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_139_core_wellbeing_sleeping_well.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_139_core_wellbeing_sleeping_well.docx)) | [Wellbeing - Looking after your eyes](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_135_core_wellbeing_eye.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_135_core_wellbeing_eye.docx)) |
| [Wellbeing - Complimentary Therapies](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_147_core_wellbeing_therapies.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_147_core_wellbeing_therapies.docx)) | [Wellbeing - Looking after your respiratory system](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_145_core_wellbeing_breathing.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_145_core_wellbeing_breathing.docx)) |
| [Wellbeing Eating Well](file:///C:\stellent\groups\public\intranet\business\IMS115_Carillion_IMS\IMS_Tools_Tool_Box_Talks\hssq_tbt_144_core_wellbeing_eating_well.docx) ([extranet](htps://extranet.carillionplc.com/stellent/groups/public/intranet/business/IMS115_Carillion_IMS/IMS_Tools_Tool_Box_Talks/hssq_tbt_144_core_wellbeing_eating_well.docx)) |  |

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| Date action closed out: |  | Signature: |  |
| Toolbox Talk Presenter’s Comments: | | | |
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