The figures

Known in medical 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.
Depression.

For the man who has everything.

Charlie Walter was strong, good looking, intelligent, had a
wonderful partner, a loving family, loads of friends and a good
position in a job he loved. He decided the only way out of the hell
he was living in was to kill himself. Depression is an illness
which can affect absolutely anyone, whatever their circumstances.

As Dr Kline (a leading doctor specialising in depression) put it
‘Although depression wears the face of fear it has nothing to
do with lack of courage, for brave men have been attacked’.

Furthermore ‘Though it is a disorder which affects the brain,
it again has nothing to do with lack of insight or understanding
since both brilliant and insightful people have been afflicted.’
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*