DOWN'S SYNDROME ASSOCIATION

Depression

Easy read
August 2024

Health series



Depression – what is it?



Depression is when you feel sad for a long time.



You may not want to do the things you normally do such as going to school, college, work or hobbies.



You may feel tired a lot of the time.

Depression – what is it?



You may not want to eat, or you may want to eat more.



You may sleep more or less than normal.



You may feel aches and pains in your body.

Depression – what might cause it?



A person may have depression for many different reasons.



It may be because of things that happen in their life.



It may be because people they love move away.

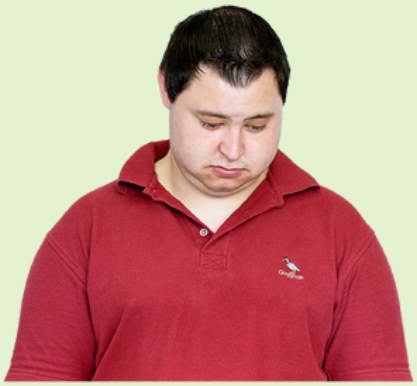
Depression – what might cause it?



It may be when people they know die.



It may be because they have been poorly for a long time.



It may be because they lack confidence.



It may because of changes that happen like moving to college.

Depression

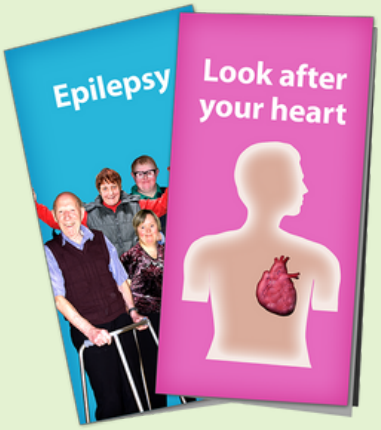


If you think you are depressed, you or your supporter can make an appointment to see your GP.



You or a supporter can speak to your GP about treatment for your depression.

Depression - physical health



Having a long-term health condition can make people feel sad.



It is important to get checked out by a health professional.



They can talk to you about treatment for your health condition.

CONTACT US

Down's Syndrome Association

Langdon Down Centre,
2a Langdon Park, Teddington,
Middlesex, TW11 9PS

t. 0333 1212 3007

e. info@downs-syndrome.org.uk
e. training@downs-syndrome.org.uk
w. downs-syndrome.org.uk

Wales
e. wales@downs-syndrome.org.uk

Northern Ireland
e. enquiriesni@downs-syndrome.org.uk



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