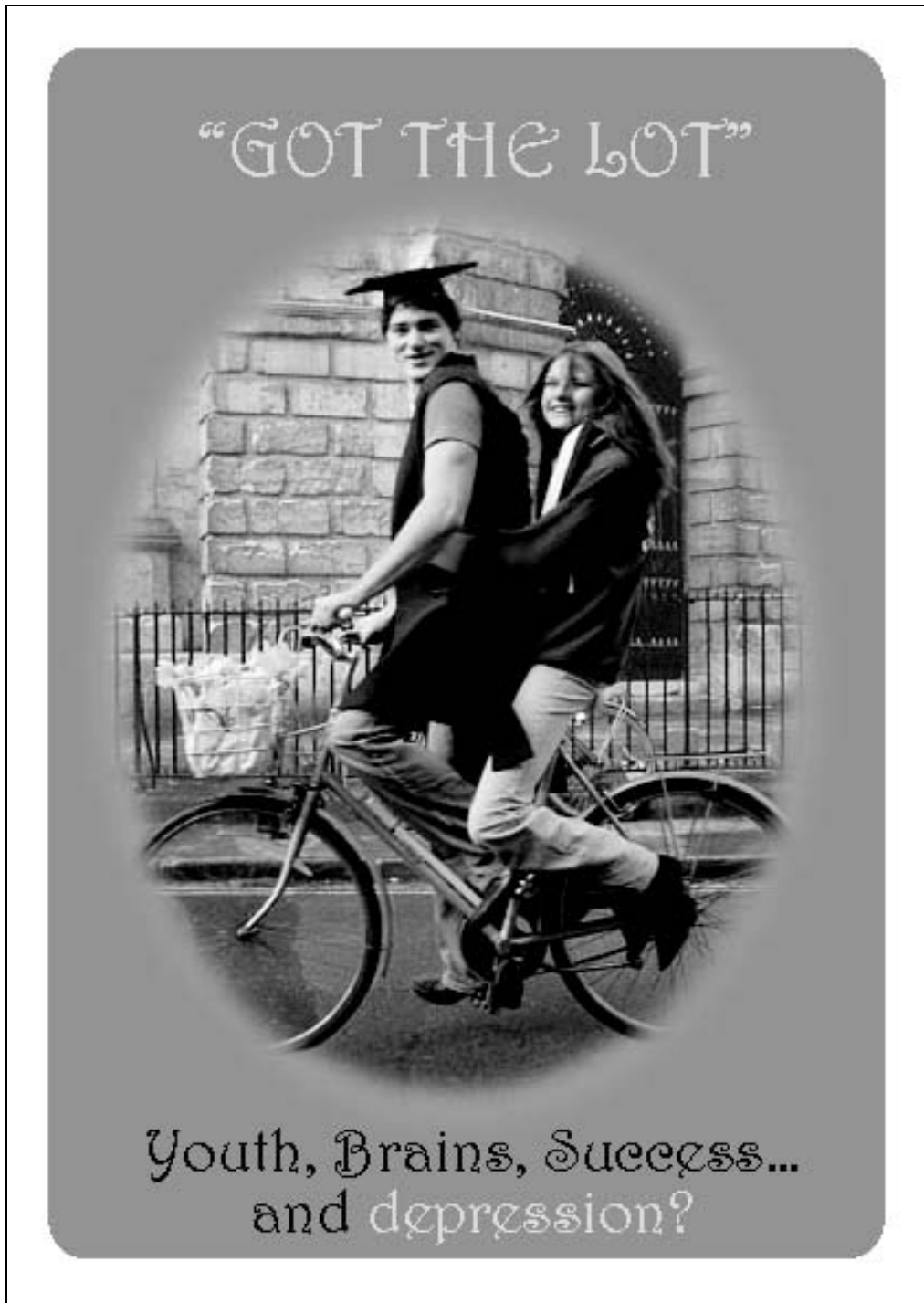


Examples of the postcard designs (Postcard One)



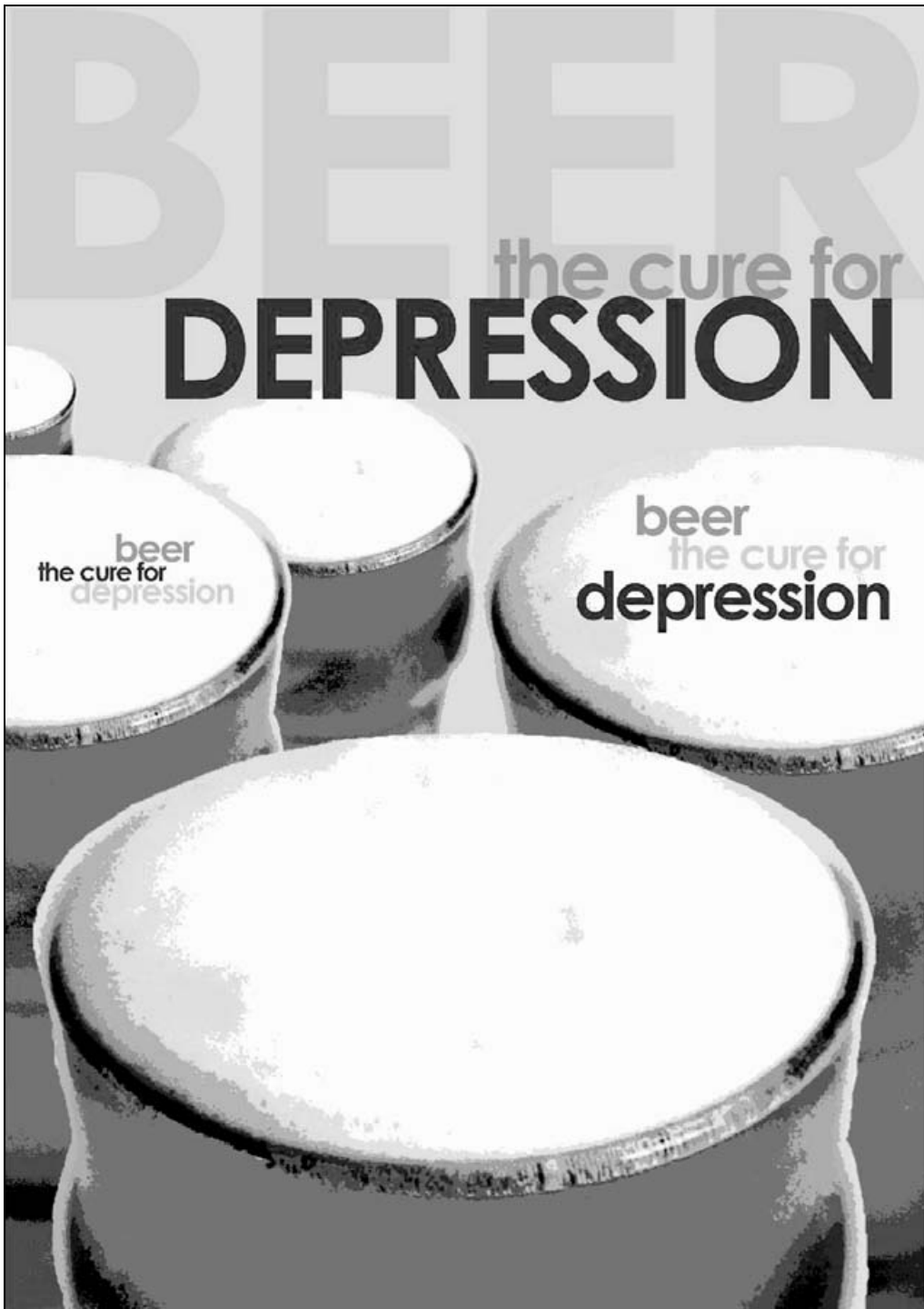
Clinical depression is more than feeling down, or having the blues. It is an illness with a wide range of psychological and physical symptoms. **Depression** changes the levels of chemicals in the brain, such as noradrenaline and serotonin.

Clinical depression does not discriminate. It can affect anyone, at any time. Even someone who appears to have everything can suffer from clinical depression.

At any one time, 1 in 10 students at Oxford University have clinical depression.

You are not alone, many famous people have also suffered from clinical depression.

Postcard Three



Clinical depression can be treated

There are several effective treatments.

Self help

Don't retreat to your room. Re-find your friends and interests. Exercise might make you feel better.

Antidepressants

Antidepressant medicine can help people recover from clinical depression. It is safe and effective. Antidepressants work by improving the functioning of the chemicals that regulate mood in the brain. Antidepressants can have some side-effects, such as nausea or headaches, but these usually disappear reasonably quickly.

Antidepressant medicine can reduce the risk of relapse when taken long-term. It is not addictive in the way that alcohol and drugs are. It should not be confused with the old tranquillisers, such as Valium.

Counselling

Psychological treatments such as counselling and Cognitive Behavioural Therapy (CBT) are also effective, either on their own or in combination with an antidepressant. CBT is an active treatment and may be difficult when the person is very depressed, but it can work very well in people who can participate fully in the treatment

Clinical depression will NOT be cured by having a few pints down the pub.



University of Oxford, Department of Psychiatry,
in conjunction with the University's
Student Health and Welfare Committee