Depression is a common illness which affects 1 in 5 people in Scotland at some stage in their lives and is treatable in the great majority of cases. In severe, untreated, cases it can lead to self-harm or suicide.

Depression Alliance Scotland can help.

Don't suffer in silence.

Contact us today

Tel: 0131-467-3050

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www.dascot.org

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Edinburgh, EH12 5JU

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Depression Alliance Scotland

DEPRESSION CAN AFFECT ANYONE AT ANYTIME

WE CAN HELP...
Depression

Depression is a common medical condition which often leads to intense feelings of sadness or despair, and which affects 1 in every 5 people at some stage of their lives.

Symptoms may include -

- feelings of hopelessness
- inadequacy
- anxiety
- self-hatred
- negativity
- an inability to enjoy things which were once pleasurable in life
- guilt
- agitation
- weight loss or weight gain
- loss of energy or motivation
- loss of sex drive
- disturbed sleep
- poor concentration

(If symptoms are present for more than 2 weeks, or suicidal thoughts occur, medical advice should be sought.)

Depression is one of the most common reasons for people to visit their GP in Scotland, but it has been estimated that as many as 75% of people with depression do not seek help from their doctor. This is largely because many people mistakenly believe that depression is a sign of weakness, or an inability to cope, rather than realising that depression is a common and treatable illness.

People with depression can, and do, greatly improve their quality of life when they receive appropriate treatment. The most important step, however is to seek help.

Don't suffer in silence.

DAS

Depression Alliance Scotland is the only national organisation which provides information and support for anyone affected by depression and for anyone who cares for someone experiencing the illness.

In addition to campaigning to raise awareness and understanding of depression and to improve services for people with depression, we provide a range of services for supporters and non-supporters alike. These include -

- telephone information service staffed by trained workers
- an increasingly popular e-mail information service (info@dascot.org)
- a developing network of self-help groups throughout Scotland. Contact us to find your nearest group
- a wide range of publications providing information about depression
- training/awareness raising courses for the health, public, voluntary and private sectors
- a regularly updated website (www.dascot.org)
- a quarterly newsletter for supporters containing the latest news about depression in Scotland and around the world

DAS can help you.

Support

I would like to find out more about DAS.
☐ Please send me a free information pack.

I would like to become a supporter of DAS.

ANNUAL SUBSCRIPTIONS
☑ Concessionary £5
☐ Individual £10
☐ Family £20
☐ Public/private organisation (with < 100 staff) £100
☐ Public/private organisation (with > 100 staff) £250
☐ Charity (with < 100 staff) £40
☐ Charity (with > 100 staff) £80

COMMITTED GIVING
Under our ‘Shared Voices’ scheme you can commit to help people with depression for as little as £6p a day (£5 a month).
Please send me a standing order mandate for the Shared Voices scheme ☐

GIFT/DONATION
I would like to support the work of DAS by donating the following sum _______

TOTAL AMOUNT __________________________

I enclose a cheque/postal order (made payable to Depression Alliance Scotland) OR please deduct £______ from my Mastercard/VISA (please denote).

Name as written on card_________________________________________________________
Card No. _________________________________________ Expiry date ___________________
Signature ______________________________________________________________________

PLEASE COMPLETE IN BLOCK CAPITALS
Title _______ Forename_____________________ Surname _____________________________
Address ___________________________ Postcode_______________________________
Date _________________________________________________________________________

* You must pay an amount of income tax (and/or capital gains tax) which is at least equal to the value of what we claim back in that tax year (currently £2.58p for every pound you give in that tax year). If you pay tax at a higher rate, you can claim further tax relief in your Self-Assessment return.