

Depression Alliance

www.depressionalliance.org

Depression Alliance has set up 'Friends in Need' as a way for people affected by depression, or supporting someone with depression to talk online, and meet up with groups in their local area. It is free to join and a great way to share support.

Together UK

www.together-uk.org - Tel 020 7780 7300

Together is a national charity working alongside people with mental health issues on their journey towards independent and fulfilling lives. Together offer a fantastic 'Find Support Near You' function on their website which allows you to discover a wide range of services available in your area.

YoungMinds

www.youngminds.org.uk - Tel 020 7089 505

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

SANE

www.sane.org.uk - Helpline 0845 767 8000
(6pm - 11pm 365 days a year)

SANE is a leading UK mental health charity working to improve quality of life for anyone affected by mental illness.

Calm

www.thecalmzone.net - Tel 0800 58 58 58
(5pm - midnight 365 days a year)

Campaign Against Living Miserably. A support group for men of any age, who are down or in crisis in the UK, "Being silent isn't being strong".

Samaritans

www.samaritans.org - Tel 0845 790 9090

"Always someone to help".

If you feel like harming or hurting yourself or other people:

- Call 999
- Go to your nearest Accident and Emergency (A&E)

LUPUS UK is the national registered charity caring for people with lupus and has over 5,500 members who are supported by the Regional Groups.

Please contact National Office should you require further information about lupus and/or details of membership.

LUPUS UK is certified under the requirements of the Information Standard.



St James House, Eastern Road, Romford,
Essex RM1 3NH
Tel: 01708 731251
www.lupusuk.org.uk

Reg. Charity nos. 1051610, SC039682

LUPUS and Depression



Services and
support
available for you



This leaflet provides information about manifestations of depression in lupus and signposts the support services available.

Depression can be a common manifestation in people with lupus. It is often difficult to determine whether the depression is an integral part of lupus (as it is in some patients), where management of the lupus itself often lifts the depression, whether the depression has arisen in response to having a chronic painful illness or whether it is an unrelated psychological condition.

The management of depression in lupus rests on a combination of treating the underlying symptoms, as well as possibly adding in antidepressant therapy. In severe depression, especially if there are other symptoms like anxiety or hallucinations, the help of a specialist psychiatrist is essential. One of the medical advances in the last decade has been the introduction of newer, milder antidepressants with less of the severe side-effects which so hampered older treatments.

Mental Health is very complex, and needs to be personalised to the individual's concerns. In addition to management of depression through drug treatments, there are many options available online, through GP consultation and available locally.

Here are some of the services and support available:-

Counselling and Psychological Therapies



Psychological therapies are widely available on the NHS through the programme 'Improving Access to



Psychological Therapies (IAPT)'.

IAPT services offer a range of psychological therapies, including individual and group-based therapy. If you are referred for counselling or another psychological therapy through the NHS, it will be free of charge. However, your choice of the type of therapy may be limited. If you have a preference for the type of therapy you receive, or the time or location of your appointments, you may choose to look for a private therapist. You can find NHS IAPT services available in your area by going to - [www.nhs.uk/Service-Search/Counselling-NHS-\(IAPT\)services/LocationSearch/396](http://www.nhs.uk/Service-Search/Counselling-NHS-(IAPT)services/LocationSearch/396)

Mind www.mind.org.uk - Infoline 0300 123 3393

(9am - 6pm, Mon - Fri)

Mind provides a confidential mental health information service, with support and understanding.

Mind enables people to make informed choices. The infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind has a network of local associations providing local services.

Mind also has a Legal Advice Service -

legal@mind.org.uk or 0300 466 6463 (9am - 6pm, Mon - Fri)

NHS Moodzone www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx

NHS Choices Live Well 'Moodzone' offers whatever you need to know about boosting your mood, coping with stress, anxiety or depression, or improving your overall wellbeing. The NHS Choices Moodzone is there to help, offering practical, useful information and interactive tools and videos to support you to feeling better. Moodzone also offers



a useful self-assessment quiz.

NHS Mental Health Crisis Helpline Freephone **0300 222 5931** specialising in listening and emotional support and well-being.

Big White Wall www.bigwhitewall.com

The Big White Wall is an online mental health network where people can anonymously be open about what's on their mind, guided by trained professionals.

Big White Wall is available free in many areas of the UK via the NHS, employers, and universities. It is also free to all UK serving personnel, veterans, and their families. Otherwise subscription is £25 per month.

Rethink Mental Illness www.rethink.org -

Tel 0300 5000 927

RETHINK is a mental illness advice line, providing expert advice and information to people experiencing mental health problems,

and those who care for them. They also offer help and information to health professionals, employers and staff.

