

DARKNESS



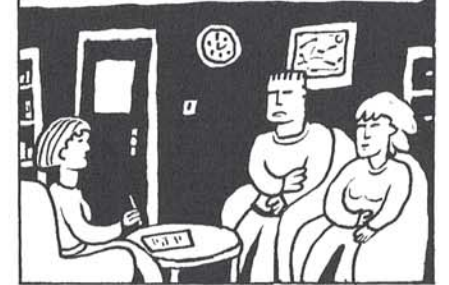
NO ONE HAS TO BE TAUGHT HOW TO BE DEPRESSED AS EVERYONE HAS EXPERIENCED SOME LEVEL OF DEPRESSION IN THEIR LIVES.



HOWEVER, THERE IS A DIFFERENCE BETWEEN EVERYDAY SADNESS AND THE CHRONIC DEPRESSION WHICH CAN AFFECT SUFFERERS FOR YEARS.



I REMEMBER A FEMALE PATIENT BEING ADMITTED TO THE WARD. HER HUSBAND SAT IN DURING THE FORM-FILLING.



A SWAGGERING BULLY, THIS MAN BELITTLED HIS WIFE EVEN AS SHE WAS BEING ADMITTED INTO THE HOSPITAL.



SHE DOES NOTHING AROUND THE HOUSE.

I FEEL SO WORTHLESS. I CAN'T SLEEP AND I'M INTERESTED IN NOTHING.



IT WAS LITTLE WONDER THAT THIS LADY WAS IN SUCH A STATE. SHE GOT NO SUPPORT FROM HER HUSBAND.

SHE SHOULD PULL HERSELF TOGETHER AND COME HOME.

I DID GET A LOOK AT THIS GUY. HE WAS SLIGHTLY DRUNK, HAVING COME DIRECTLY FROM THE PUB.

SHE'S GOT A KID TO LOOK AFTER.

DEPRESSION ISN'T JUST A BLUE MOOD YOU CAN JUST SNAP OUT OF. IT'S A SERIOUS BIOLOGICAL ILLNESS,

FOR YEARS I'VE HAD NO LIFE OF MY OWN.

WHICH AFFECTS BEHAVIOR, THOUGHTS, AND FEELINGS.

I KNOW EXACTLY WHAT YOU MEAN, DEAR.

SOMETIMES YOU ONLY HAVE TO LOOK AT THE PATIENT'S PARTNER TO SEE WHERE THE PROBLEM REALLY IS.

URRP!

IT MAKES YOU WANT TO SAY TO THE PATIENT, IF YOU WANT GOOD MENTAL HEALTH, THEN GET A DIVORCE.

IN THE BRAIN THERE ARE NATURALLY OCCURRING SUBSTANCES CALLED NEUROTRANSMITTERS.

WILL THIS RAIN EVER STOP?

THESE ARE THE CHEMICAL MESSENGERS THAT CARRY ELECTRICAL SIGNALS FROM ONE NERVE CELL TO ANOTHER,

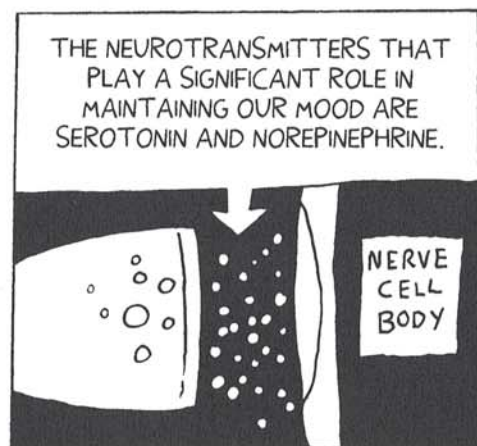
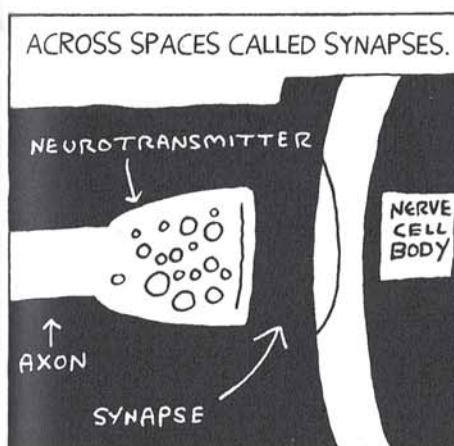
IT'S QUITE COMMON FOR WOMEN TO DECIDE TO SPLIT FROM THEIR PARTNER WHILE IN THE HOSPITAL.

I'VE HAD ENOUGH.

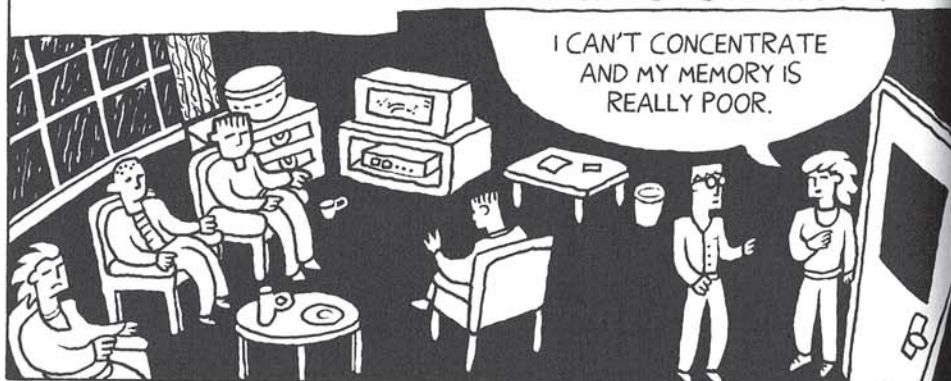
IT'S NOT ALWAYS EASY FOR THEM TO REALIZE HOW OPPRESSED THEY ARE UNTIL THEY GAIN BREATHING SPACE.

I'M LEAVING HIM.

GOOD FOR YOU.



IT'S WHEN THESE NEUROTRANSMITTERS ARE AT LOW LEVELS THAT THE VEGETATIVE SYMPTOMS OF DEPRESSION BECOME CLINICALLY EVIDENT.



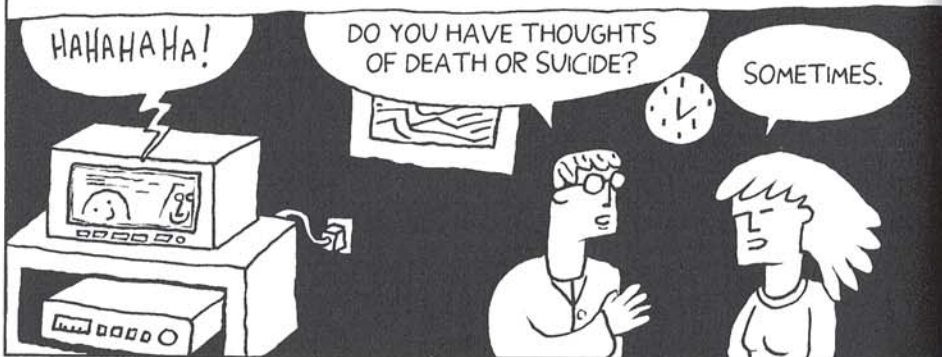
THEY DON'T ACT IMMEDIATELY, ALL THAT ANTIDEPRESSANTS DO IN THE FIRST THIRTY MINUTES IS PRODUCE SIDE-EFFECTS.



IT CAN TAKE UP TO TWO WEEKS FOR THE DEPRESSED PERSON'S MOOD TO LIFT.



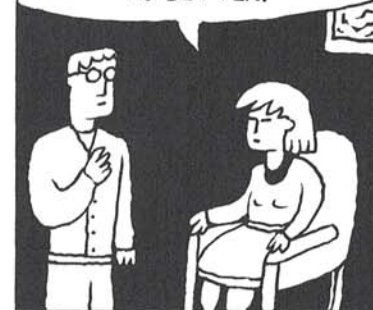
DEPRESSION MAKES THINKING SLUGGISH. ANTIDEPRESSANTS HELP TO RESTORE THE BALANCE OF NEUROTRANSMITTERS IN THE BRAIN,



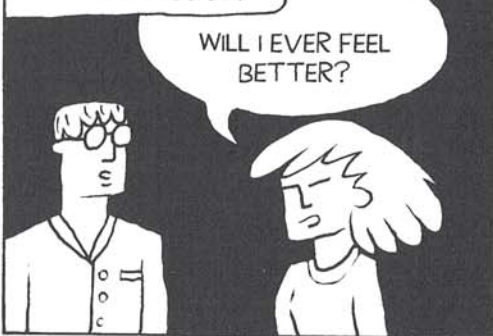
THIS CAN MEAN THAT THE PATIENT MAY FEEL MUCH WORSE IN THE SHORT TERM.



THE DRUGS AREN'T WORKING. I'VE BEEN HERE A WEEK AND I FEEL NO BETTER.



AND THEREBY RELIEVE THE VEGETATIVE SYMPTOMS OF DEPRESSION.



HOWEVER, UNLIKE OTHER DRUGS THAT ACT ON THE BRAIN, SUCH AS TEA, COFFEE, AND ALCOHOL,



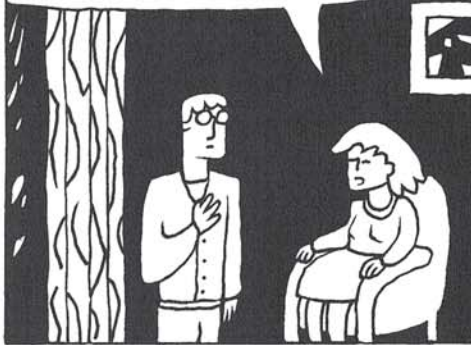
NO ONE IS HELPING ME IN THIS PLACE.



I DON'T KNOW. IS IT MY FAULT I FEEL THIS WAY?



EVERYONE ELSE MANAGES TO COPE, BUT I CAN'T DEAL WITH THE SIMPLEST THING.



IT'S THE ILLNESS THAT MAKES YOU FEEL SO GUILTY. YOU SHOULD NEVER BLAME YOURSELF FOR BEING ILL.



THERE ARE ADVOCACY SERVICES FOR THOSE WHO NEED HELP WITH SUCH PROBLEMS AS DEBT OR HOUSING. THERE ARE SOCIAL VENUES WHICH HAVE BEEN SET UP TO CATER TO THOSE WHO SUFFER FROM PSYCHIATRIC ILLNESSES.



HOWEVER, DRUGS ARE NOT ENOUGH. DEPRESSION HAS MANY CAUSES.



SOCIAL FACTORS SUCH AS A PATIENT'S LONELINESS MAY BE A CAUSE.



AS WELL AS PSYCHOTHERAPY FOR THOSE WHO NEED TO RESOLVE LIFE PROBLEMS.



THE FEELINGS OF DESPAIR AND HELPLESSNESS THAT DEPRESSION BRINGS



A PATIENT MIGHT HAVE SERIOUS DEBTS, BE SUFFERING A BEREAVEMENT, OR BE GOING THROUGH A PAINFUL DIVORCE.



ALL THESE FACTORS SHOULD BE TAKEN INTO ACCOUNT WHEN TREATING THEM.



CAN BE ALLEVIATED THROUGH PROPER CARE AND TREATMENT. IT'S MORE THAN POSSIBLE TO LIVE A FULFILLING LIFE DESPITE THE ILLNESS.



YOU CAN SURVIVE.

