



Depression

It is not strange to feel sad and 'down' sometimes, everybody experiences that. It usually goes away after a while and you start to feel better again. A person who is depressed, is sad and 'down' for a very long time and needs help to become happier again. Someone who is depressed may not have the energy to work, need to sleep a lot and have difficulty in coping with ordinary daily things like going out or cooking food.

Sometimes you can become depressed after a painful life event. Other times, one can become depressed by nothing specific, not knowing exactly why you feel so 'down'. Some people can also get depression several times.

What kind of help can you and your parent receive?

A depressed person can get different kinds of help to feel better. One can get medicinal help, counselling and talk therapy in which the whole family can participate. If medicine and counselling does not work, one can get help using electroconvulsive therapy. An electric current is passed through the brain for a few seconds. It is always done in a hospital and you are always anaesthetised so it does not hurt. Sometimes you need to stay in hospital for a long time and sometimes you can go home a few hours afterwards. Most people often get electroconvulsive therapy a few times per week over a period of time.

As a child, you cannot do anything to make your parent feel better, they need professional help to make them feel well again. It's never your fault that your parent is sick. You have the right to know what is happening to your parent and what kind of help they are receiving. You can ask someone here at the hospital, such as your parent's doctor.

It can be really difficult to have a parent who is not feeling well and you also have the right to receive help if you want it. It may, for example, be to talk to someone about how it feels to have a sick parent or to meet others who are in the same situation. If you would like help, talk to your parent's doctor or someone else here at the hospital.

A photograph of two young women hugging from behind in a park. The woman on the left has long reddish-brown hair and is wearing a grey hoodie. The woman on the right has long blonde hair in a braid and is wearing a white t-shirt. They are standing in front of a blue safety net. In the background, there are green trees and a red building.

You are not alone.

**You can go online
and check out these links:**

**maskrosbarn.org • bris.se • kuling.nu
hjarnkoll.se • 1177.se – våga berätta • umo.se**

**You can call here to speak to someone
or to join a group of others who have
experienced similar things to you**

Cumulus in Nyköping:

0155-24 81 01

Mon, Wed, Thu, Fri. 9-10 am or Tues. 1-2 pm

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