

Depression

is this you?

Bank
Workers
Charity

1 in 5 of us

become depressed at
some point in our lives

No matter
your symptoms...



Feeling sad
or low mood



Lack of
motivation



Difficulty
concentrating



Tiredness or
lack of sleep



Physical
health



Money
worries



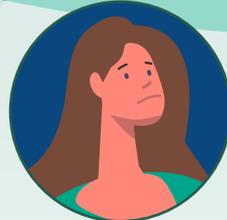
Too much
stress



Genetic
inheritance

No matter
the cause...

No matter
where you're at...



Mild



Moderate



Severe

There's always
something
you can do...



Get good
sleep



Eat
healthily



Discover
self-help
programmes



Take
exercise



Spend time
in nature



Try
therapy

Whether it's with
your friends...

Perhaps a close
family member...

...and
talking
helps

Or your GP...

For more help and advice visit [bwcharity.org.uk/mind/depression](https://www.bwcharity.org.uk/mind/depression)

Supporting the banking community past and present

☎ 0800 0234 834

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🐦 @bwcharity

The Bank Workers Charity is the working name of the Bankers Benevolent Fund, a company limited by guarantee in England (No. 19366) and a charity registered in England (No. 313080). Registered office: Salisbury House, Finsbury Circus, London, EC2M 5QQ.