

## At home

When you return home you may start or still experience emotional changes and feelings of depression.

If this is the case it is important to discuss this with your GP.

## Additional resources

### NHS Choices:

[www.nhs.uk](http://www.nhs.uk)

### The Stroke Association:

[www.stroke.org.uk](http://www.stroke.org.uk)

Tel: 01752 664 553

### Different Strokes:

[www.differentstrokes.co.uk](http://www.differentstrokes.co.uk)

This service is delivered on behalf of the NHS

## Contact details

### Stroke Rehabilitation Unit

Skylark Ward  
Mount Gould Hospital  
Mount Gould Road  
Plymouth PL4 7QD

**Tel: 01752 434819**



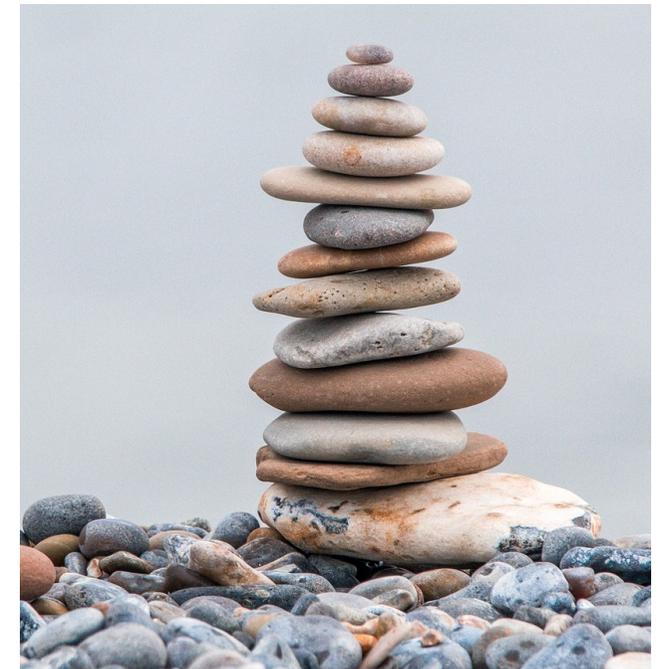
Livewell Southwest



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# Low Mood and Depression After Stroke

Information and what we do here at the Stroke Rehabilitation Unit



## What is low mood and depression?

Feeling low or depressed is very common after a stroke. Almost 1 in 3 people will experience low mood and/or depression within the first year after a stroke. A stroke can be a major life-changing event, and can result in life-long difficulties for many people. Feeling low or depressed is a normal reaction to an extremely stressful life experience.

Sadness is a normal and healthy emotion. However, when people experience sadness or emotional numbness for a long time, this is what is referred to as low mood or depression.

### People with depression often:

- Find it difficult to enjoy activities
- Feel like a burden or that they have let people down
- Have no motivation and feel like giving up
- Sleep and eat too much or too little
- Have unhappy thoughts going through your head

## What can I do to feel better?

All members of staff are here to help you. If you think of something that might help you to feel better, let us know so that we can try and help. We are also here to listen if you ever feel like talking about how you feel.

### How we will try and help you:

**Talk to us:** We want to help.

**Relaxation Group:** Sometimes we run a relaxation group. In the group we practice exercises that help you feel calm and relaxed.

**Medication:** There is medication to help people who feel low or depressed. Some people find this medication helpful, whereas others do not. It normally takes a few weeks for these drugs to work. Some people also experience side effects.

**Clinical Psychology:** Our psychologist can offer some time to talk with you to process what has happened to you. They can also offer family support.

## Supporting you

Whilst you are here with us at the Stroke Rehab Unit, all staff are here to help and support you in becoming more independent after your stroke.

This includes your emotional wellbeing along with your physical health as **both are equally important.**

If, at any time, you feel you would like additional support or would like to try any of the methods previously mentioned **please let staff know** and this can be arranged.

