Online Help For Depression - Windows Internet Explorer

http://www.onlinehelpfordepression.org.uk/step1.php

online help for depression » university of plymouth / university of glasgow

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some details...

Where are you living now? Select a country

f you are in Britain, please choose the postcode prefix of where you are **just now** (even if your permanent home is somewhere else) Select a postcode

How did you hear about this website / project choose an option

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Select a postcode
AB- Aberdeen
AL- St Albans
B- Birmingham
BA- Bath
BB- Blackburn
BD- Bradford
BH- Bournemouth
BL- Bolton
BN- Brighton
BR- Bromley
BS- Bristol
CA- Carlisle
CB- Cambridge
CF- Cardiff
CH- Chester
CM- Chelmsford
CO- Colchester
CR- Croydon
CT- Canterbury
CV- Coventry
CW- Crewe
DA- Dartford
DD- Dundee
DE- Derby
DG- Dumfries
DH- Durham
DL- Darlington
DN- Doncaster
DT- Dorchester

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- choose an option
- I found it on google
- I found it on another search engine
- I followed a link from another website
- Somebody emailed me or told me about it
- Other

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Next can we ask you 9 quick questions which are used to rate your mood. These questions are from the Patient Health Questionnaire Reproduced with permission from Pfizer Inc.

For each choose the reply which comes closest to how you have been feeling in the past week. Don't take too long over your replies: your immediate reaction to each item will probably be more accurate than a long thought-out response. When you have completed these questions we will give you your scores and explain what they mean.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things
Not at all

2. Feeling down, depressed, or hopeless
Not at all

3. Trouble falling or staying asleep, or sleeping too much
Not at all

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http://www.onlinehelpfordepression.org.uk/results.php

In the normal range with no evidence of strong symptoms of depression. You may find some useful tips on preventing depression in the future by visiting sites such as Living Life to the Full or Moodgym, but they are mainly aimed at people who have higher scores on this scale

Thanks for answering those few questions. The first two sites use 'cognitive behavioural therapy' to help you tackle your anxiety or depression. They are free to use, have been the subject of a number of research studies, and are recommended by many doctors and psychologists. We also provide links to information at Samaritans and NHS Choices.

Click on one of the choices below to be taken to that site.

Mood Gym
Popular Australian online course aiming to prevent depression

Living life to the full
Popular UK-based online course tackling low mood and stress

NHS CHOICES
This site gives information about depression and links to various resources.

SAMARITANS
This site tells you about the services, such as telephone support, they provide.

Get Started
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