What is a depressive disorder?

Depressive disorders are characterised by sad, empty or irritable moods which affect an individual’s ability to function. It is a common medical condition, just like high blood pressure, diabetes or asthma. Depression is not a sign of weakness, nor is it a state that you can ‘just snap out of’.

Low mood and depression also occur in the context of bipolar disorder, and frequently accompanies other conditions such as substance misuse and anxiety disorders.

What are the symptoms of depression?

Depression is sometimes confused with feelings of sadness and loss. It is when these feelings begin to prevent you from leading your usual day-to-day life that depression may be present. The symptoms of depression are different for each person and may include:

+ Lack of energy, motivation, enthusiasm, concentration or processing abilities
+ Loss of confidence, self esteem or sex drive
+ Irritability and lack of patience
+ Loss of positive feelings, such as love and hope

In addition you may experience:

+ Feeling worse in the morning
+ Increased or reduced sleep
+ Increased or reduced appetite
+ Significantly lower mood
How can Priory help?

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

Using the latest evidence-based practices, our experts offer bespoke therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation both in terms of the specialist team and treatment the delivered.

Priory’s outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around work time, which may include evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals allowing for a wider support network and movement into inpatient or day care if required.

Outpatient therapy packages

Priory offers an outpatient package for depression which is only available across our nationwide network of wellbeing centres. This includes 10 x 1:1 therapy sessions – the number recommended under national guidelines.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies – check your policy to see what cover is available to you.