

## Meet Rick who had depression

He had been feeling down for about six months which had led to him being signed off work. He was under threat of losing his job due to mistakes. He and his wife struggled to make ends meet without him doing overtime. He was an electrician for a house building company and did not get on with his new line manager. Rick had two young children, a 10 month old Hannah and 3-year-old Charlie. Rick had a range of symptoms of depression and he was avoiding doing things because of how he was feeling. Initially this gave him some relief, but in the longer term it added to his difficulties and caused more problems. Rick was in a vicious circle of depression. He used an evidence based approach called Cognitive Behavioural Therapy (CBT).



### Rick's physical symptoms

Difficulty falling and remaining asleep.  
Lacking energy and motivation  
Poor concentration at work  
Irritable

### Rick's behaviours

Being late getting to work or making mistakes when there  
Avoiding seeing his friends or socialising  
Sleeping when he got in from work  
Not eating properly and stopped going to the gym  
Using alcohol to try and sleep

### Rick's altered thoughts

"I can't be bothered anymore"  
"If I don't sleep I won't be able to do anything tomorrow"  
"There is no point in doing anything I won't enjoy it"  
"I should be enjoying the kids but I am too tired to be bothered to play with them"