

Bad nerves

Free Information and Advice

Also known as Depression



**With bad nerves
you feel ...**

- Can't concentrate
- Down
- Weepy
- Want to be alone
- Don't want to get out of bed or can't fall asleep
- Drink too much alcohol, smoke too many cigarettes
- Eat too much food or can't eat at all



**Move about more - walking,
dancing, running, cycling**



**Why do
people have
bad nerves?**



Many reasons...

If someone close has passed away

If you get evicted

If someone shouts at you, or beats you

If you are being bullied

If you have just had a baby

If you are not eating well or taking enough exercise

What can I do to help myself?

Talk to someone about how you feel

Tell your doctor

Move about more – walking, dancing, running, cycling

Eat well

Call one of the useful numbers below.

Useful numbers

Gemma at **Friends, Families and Travellers**
07990 516627

Mind 0845 766 0163

The Samaritans
08457 90 90 90

Bad Nerves or Depression

Free Information and Advice



EMOTIONAL
WELLBEING



Friends Families and Travellers

For further information please contact

Friends Families and Travellers

Community Base

113 Queens Road Brighton

East Sussex BN1 3XG

Telephone 01273 234 777

Fax 01273 234778

VERSION 1

Published
March 2011

To be Reviewed
September
2013