

*You are not alone.
Hope is real.*



UNDERSTANDING DEPRESSION

FIVE FACES. ONE JOURNEY.

A practical guide
to understanding,
coping and
moving forward.



KNOW MORE

Understand what
depression is and
how it affects.



USE TOOLS

Practical strategies
to think, act,
and daily life.



GET SUPPORT

How to reach out
and build the life
you deserve.



TAKE ACTION

Small steps that
add up to better
days and a better
tomorrow.



FIND HOPE

Real stories,
encouragement
and reasons to
keep going.

MARK ROSEN

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*You are not alone.
Hope is real.*



INTRODUCTION

*You're not alone.
You're not weak.
And there is a way forward.*

Depression doesn't always look the same. It can show up in many ways, affect many parts of life, and make the simplest things feel impossible.

This guide isn't about quick fixes or empty promises. It's about understanding what you're going through, what's truly practical tools, and reminding you that change is possible—one step at a time.

Throughout this guide, you'll meet the Five Faces of Depression—real expressions of how we can affect differently people in different ways.

But more importantly, you'll discover that behind every face, there is a story—and behind every story, there can be hope.

This guide is here to help you.



UNDERSTAND

Learn what depression is and how it can affect you.



MANAGE

Practical tools and techniques you can use right now.



CONNECT

Build stronger relationships and find support that helps.



GROW

Small changes that create a better future, step by step.



FIND HOPE

Real stories, encouragement and reasons to keep going.

“

*You don't have to see the whole road
— just the next step.
Take that step today.*

”

UNDERSTANDING THE FIVE FACES

Depression doesn't always look the same.
It can show up in different ways,
but often in five common 'faces'.

You might recognise one, or several,
in your own experience.

By understanding them, we can
begin to make sense of what's
really going on.



HOLLOW



HEAVY



ANGRY



QUIET



RESTLESS



What's really happening?

Numbness is often your brain's way of
protecting you from overwhelming pain.
It's not a lack of caring – it's survival.



Feeling nothing doesn't mean
there's nothing left inside you.
Hope can return.

“

*You don't have to see the whole road
– just the next step.
Take that step today.*

”

THE HOLLOW FACE

Numb. Empty. Disconnected.

- I can't feel anything anymore.
- You feel numb, detached or emotionally empty.
- Nothing brings enjoyment.
- Things feel unreal.
- You go through the motions, but inside there's just... nothing.

You might notice:

- Feeling emotionally numb
- Nothing brings enjoyment
- Difficulty connecting with people
- Life feels unreal
- Existing rather than living



Remember:

It's not weakness.
It's an illness.
And it can get better.

“

*You don't have to see the whole road
– just the next step.
Take that step today.*

”

THE HEAVY FACE

Exhausted. Overwhelmed. Burdened.

- You feel weighed down by sadness, fatigue and a sense of hopelessness.
- Everything feels too hard.
- Even the smallest tasks feel impossible.

You might notice:

- Constant fatigue
- Difficulty getting out of bed
- Feeling of hopelessness
- A sense of being a burden



Remember:

It's okay to rest.
You don't have to
carry it all today.



Progress is not about perfection.
It's about persistence. Keep showing up.

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Hope is real.*



THE **ANGRY** FACE

Frustrated. Irritable. Out of control.

Anger can be a mask for the pain underneath. It can show up as irritability, frustration, or even explosive outbursts.

It often feels like nobody understands, that life is unfair, and that nothing will ever change.

But anger doesn't have to control you. Understanding what's behind it can help you find a safer way to express and release it.

You might notice:

- Snapping at people
- Feeling easily irritated
- A short temper
- Self-blame or blaming others
- Feeling misunderstood
- A sense of injustice



Remember:

Anger is a signal, not the problem. It's telling you something matters. You have the power to choose how you respond.

“

*You don't have to see the whole road
– just the next step.*

Take that step today.

”



UNDERSTAND

Learn what anger is really trying to tell you.



MANAGE

Tools and techniques to calm your mind and body.



CONNECT

Build stronger relationships and find support.



TAKE ACTION

Small changes that create a better future.



FIND HOPE

Real stories, encouragement and reasons to keep going.

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THE QUIET FACE

Silent. Withdrawn. Hard to reach.



The Quiet Face often hides behind silence. It's not always sadness you can see—it's withdrawal, disconnection and a deep retreat from the world.

It can be mistaken for coldness, aloofness, or simply "not being bothered". But inside, there may be a battle just to keep going.

This face is hard to reach, even for those who care most. But with patience, understanding and gentle support, the quiet can become a little less lonely.

You might notice:

- Avoiding people and social situations
- Very little talking, even with loved ones
- Lack of interest in things they used to enjoy
- Spending long periods alone
- Finding it hard to express feelings
- A sense of being invisible or forgotten



Remember:

Sometimes the quiet is not indifference. It's a cry for help that words cannot express. Listening without pressure can open the door to connection.

“

*You don't have to see the whole road
— just the next step.
Take that step today.*

”



UNDERSTAND

Learn how withdrawal can be a sign of deeper struggle.



MANAGE

Gentle strategies to encourage connection and communication.



CONNECT

Build trust and relationships that bring them back to light.



BE PATIENT

Small acts of kindness can help break the silence.



FIND HOPE

Real stories, encouragement and reasons to keep going.

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THE RESTLESS FACE

On edge. Unable to settle. Always going.

The Restless Face is the constant feeling of being on edge—mentally, physically and emotionally.

You may feel like you can't switch off, even when you're exhausted. Your mind races, your body feels tense, and you're always waiting for the other shoe to drop.

It can show up as anxiety, overthinking, irritability or the need to keep busy just to feel in control.

But living in overdrive can take a heavy toll.

Learning to slow down is not a weakness—it's an act of self-care and survival.

You might notice:

- Racing thoughts and overthinking
- Feeling on edge or easily startled
- Trouble sleeping or staying asleep
- A constant need to be doing something
- Physical tension, headaches or restlessness
- Finding it hard to relax, even when safe



Remember:

You are not your thoughts.

You don't have to believe everything your mind tells you.

Peace can be learned—one breath at a time.

“

*You don't have to see the whole road
— just the next step.
Take that step today.*

”



UNDERSTAND

Recognise the signs of restlessness and anxiety in your own life.



MANAGE

Use breathing exercises, grounding techniques and mindfulness.



CONNECT

Talk to someone you trust and share what you're going through.



TAKE ACTION

Build small daily habits that help your mind and body relax.



FIND HOPE

Real stories, encouragement and reasons to keep going.



UNDERSTANDING YOUR THOUGHTS

CBT Basics – The Power of Perspective

Our thoughts have a huge impact on how we feel and what we do. Cognitive Behavioural Therapy (CBT) is a proven approach that helps us identify unhelpful thought patterns and replace them with healthier, more balanced ones.

By changing the way we **think**, we can change how we **feel** and improve our daily lives.

“You are not your thoughts.
You are the one who notices them.”



THE CBT MODEL – HOW IT WORKS

Our thoughts, feelings and behaviours are all connected. When we change one, it can positively affect the others.



UNHELPFUL THINKING PATTERNS

We all have thoughts that aren't helpful. Here are some common patterns to watch for:

ALL OR NOTHING THINKING



Seeing things in black and white with no middle ground.

Example: "If I can't do it perfectly, I might as well not do it at all."

OVERGENERALISING



Seeing a single event as a never-ending pattern of failure.

Example: "I had a bad day, so I'll always have bad days."

MENTAL FILTER



Focusing only on the negative and ignoring the positive.

Example: "I got praise for most of my work, but I can't stop thinking about the one mistake."

CATASTROPHISING



Assuming the worst will happen.

Example: "I have this feeling in my chest. It must be something serious."

SHOULD STATEMENTS



Putting pressure on yourself with rigid rules.

Example: "I should always be strong and never show my emotions."

CHALLENGE YOUR THOUGHTS

When you notice an unhelpful thought, try these steps:

- 1 **Notice it** – Catch the thought as it happens.
- 2 **Question it** – Is it 100% true? What evidence do I have?
- 3 **Reframe it** – What's a more balanced way to look at this?
- 4 **Feel the shift** – Notice how your emotions change.
- 5 **Take action** – Do something that supports this new thought.

Balanced Thought Example

Unhelpful Thought:
"I always mess things up."



Balanced Thought:
"I made a mistake, but I can learn from it and do better next time."



Remember: Your thoughts are not facts.
You have the power to choose how you think and create a better future.



Small shift, big change.
One thought at a time.

You are not alone.
Hope is real.



PRACTICAL COPING STRATEGIES

Small steps. Real impact.

When depression feels overpowering, even small actions can make a big difference. These strategies won't fix everything overnight, but they can help you manage the tough moments and build a stronger foundation for recovery.

TRY THESE TODAY:

- ✓ **BREATHING EXERCISES** – Slow, deep breaths can calm your mind and body.
- ✓ **GROUNDING TECHNIQUES** – Use your senses to bring yourself back to the present.
- ✓ **JOURNALING** – Write down your thoughts to release and process emotions.
- ✓ **CREATE A ROUTINE** – Structure can provide stability and a sense of control.
- ✓ **DO ONE SMALL THING** – A small win can create momentum for the day.
- ✓ **REACH OUT** – Connection is powerful. Don't be afraid to ask for help.



Remember:

Coping isn't about being strong all the time. It's about having tools you can use when you need them most.

“

*You don't have to control your thoughts
– just learn how not to let them
control you.
Take that step today.*

”



BREATHE

Take slow, deep breaths to calm your mind.



GROUND

Notice 5 things you see, 4 you can touch, 3 you hear.



WRITE

Put your thoughts on paper to gain clarity.



ROUTINE

Simple routines bring stability and reduce overwhelm.



ACHIEVE

Do one small thing today that makes you feel proud.



CONNECT

Talk to someone you trust. You don't have to do it alone.

You are not alone.
Hope is real.



SUPPORTING SOMEONE WITH DEPRESSION

Be there. Listen. Help hope grow.

When someone you care about is struggling with depression, it can be hard to know what to say or do. Even small acts of kindness and understanding can make a huge difference.

You can't fix their pain, but you can walk beside them while they find their way through it.

Your support can help them feel less alone and remind them that hope is still possible.

WHAT YOU CAN DO:

- ♥ **LISTEN WITHOUT JUDGEMENT** – Just listening can be one of the most powerful gifts you give.
- ♥ **LET THEM KNOW THEY MATTER** – A simple "I'm here for you" can mean the world.
- ♥ **BE PATIENT** – Recovery takes time and isn't always a straight line.
- ♥ **OFFER PRACTICAL HELP** – Small gestures like cooking a meal or helping with errands can lift a heavy load.
- ♥ **ENCOURAGE, DON'T PUSH** – Support them in seeking help, but respect their pace.
- ♥ **LOOK AFTER YOURSELF TOO** – Supporting someone can be emotionally draining. Make sure you take care of your own wellbeing.



Remember:

You don't need all the answers.
You just need to show that you care.
Your kindness could be the light that helps someone find their way through the dark.

“

*Sometimes the greatest support is simply reminding someone that they are **not alone** in this.*

”



LISTEN

Give them your time and attention.
Let them talk without interrupting.



BE PRESENT

Your presence can be more comforting than advice.



SHOW YOU CARE

A message, a phone call or a hug can brighten their day.



ENCOURAGE HELP

Gently encourage them to speak to a professional if they can.



TAKE CARE

Look after your own mental health so you can keep being there.

*You are not alone.
Hope is real.*



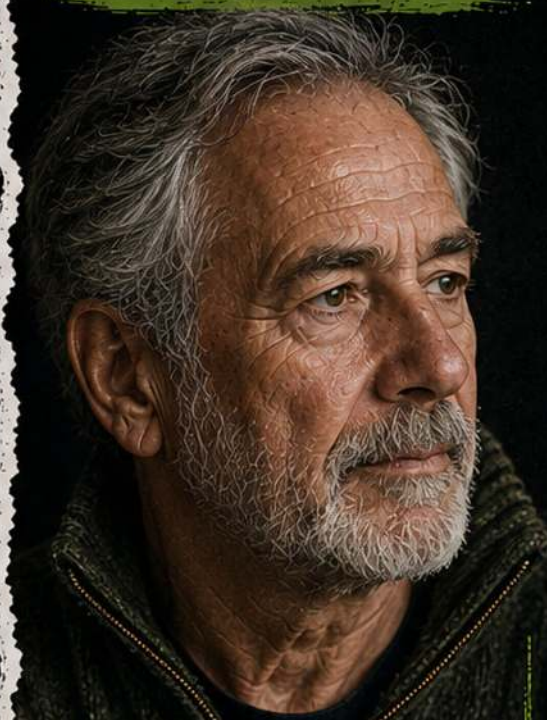
SLEEP, EXERCISE & NUTRITION

Small habits. Big difference.

Looking after your body can have a powerful impact on your mind.

Good sleep, regular movement and nourishing food won't cure depression, but they can improve your mood, energy and resilience.

Think of these habits as building blocks. Each one supports your recovery.



SLEEP WELL

- Poor sleep can worsen mood and make everything harder.
- Aim for quality, not just quantity.
- A consistent routine helps your body and mind rest.

TRY THIS:

Go to bed and wake up at the same time each day. Create a calming bedtime routine and keep screens out of the bedroom.



MOVE YOUR BODY

- Exercise releases natural chemicals that boost your mood.
- You don't need to do a lot—just a little bit helps.
- Movement can reduce stress and improve self-esteem.

TRY THIS:

Start small. A short walk, gentle stretching or even dancing to your favourite song can make a positive difference.



NOURISH YOURSELF

- What you eat affects how you feel.
- Balanced meals support your brain and body.
- Stay hydrated—dehydration can affect your mood.

TRY THIS:

Choose whole foods where you can. Include fruit, veg, lean protein and healthy fats. Drink plenty of water.



Remember:

These habits work best together.
You don't have to be perfect—just consistent.
Small changes, over time, can lead to real improvements.

“

*Take care of your body.
It's the only place you have to live.
Treat it with kindness.*

”



GET SUNLIGHT

Natural light can boost your mood and help regulate sleep patterns.



STAY HYDRATED

Even mild dehydration can affect your energy and concentration. Drink water often.



STAY CONNECTED

Spending time with people you trust can lift your mood and reduce feelings of isolation.



MANAGE STRESS

Try breathing exercises, meditation or hobbies that help you relax and unwind.



BE KIND TO YOU

Self-care is not selfish. Take breaks, celebrate small wins and be gentle with yourself.

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Hope is real.*



RECOVERY ISN'T LINEAR

Good days. Bad days. All part of the journey.

Recovery from depression isn't a straight line.
There will be ups and downs.
That doesn't mean you are failing.
It means you are human.

Some days will feel lighter.
Others might feel like you're back at the start.
But every step forward, no matter how small,
still counts.

REMEMBER:



Setbacks are
not failure.
They are part of
the process.



Progress isn't always
visible, but it is
always happening.



Be kind to yourself
on the hard days.
You are doing
the best you can.

TIPS TO HELP YOU KEEP GOING:



FOCUS ON TODAY

Don't worry about
tomorrow. Just get
through today.
One day at a time.



CELEBRATE SMALL WINS

Getting out of bed,
going for a walk,
eating well—these
small wins matter.



TALK ABOUT IT

Sharing how you feel
can lighten the load.
You don't have to
carry it alone.



BE FLEXIBLE

Some days you'll
do more. Some days
you'll do less. Both
are okay.



HOLD ON TO HOPE

Even in the darkest
moments, better
days are still
ahead.



*You may feel like you're standing still,
but you are still moving forward.
Keep going. Your future self is worth it.*



Every step you take, no matter how small,
is a step towards a brighter future.



You are stronger
than you think.
Keep going.

*You are not alone.
Hope is real.*



WHEN TO SEEK URGENT HELP

Your life matters. Please reach out.

It's important to know when you need extra help.
If you are in crisis or feel you can't keep
yourself safe, don't wait.

Reach out now.

SEEK URGENT HELP IF YOU:



Have thoughts about
hurting yourself or
ending your life.



Feel you may hurt
someone else.



Feel like you can't
cope anymore.



Feel overwhelmed
and unable to
function.



Feel detached from
reality or things
around you.



Are using alcohol
or drugs to cope
more often.



GET HELP NOW

CALL 999

In an emergency or
if you feel you
are in immediate
danger.

SAMARITANS 116 123

Free 24/7 support
for anyone in
emotional distress.

SHOUT 85258

Text SHOUT to 85258
for free, confidential
support 24/7.



Asking for help is a sign of strength, not weakness.

You deserve support. You deserve to live.



CREATE A SAFETY PLAN

It can help to have a plan for difficult times.
Write down:

- ✓ People you can call.
- ✓ Places you can go.
- ✓ Things that help you calm down.
- ✓ Reasons to keep going.
- ✓ Important numbers (see above).

Keep this somewhere you can find it easily.

THINGS TO REMEMBER

- ✓ Feelings are not facts.
- ✓ Emotions pass. You are not your thoughts.
- ✓ You don't have to face this alone.
- ✓ Help is available, right now.
- ✓ Better days are possible.



*There is hope.
There is help.*



You matter. Your life matters.
Please stay. Reach out. You are worth it.



Even the darkest night
will end, and the sun
will rise again.

You are not alone.
Hope is real.



PERSONAL REFLECTION

Take time. Be honest. Be kind to yourself.

Reflection helps you understand where you are now,
what matters to you and what small steps might help
you move forward.

There are no right or wrong answers.

This is **your** space.

1

WHAT MATTERS TO ME?

What is important in my life right now?



2

WHAT HELPS ME?

What people, places or activities bring me comfort or joy?



3

WHAT'S BEEN HARD?

What challenges am I facing right now?



4

WHAT DO I WANT FOR MY FUTURE?

What small changes or goals would help me feel better?



5

WHAT CAN I DO THIS WEEK?

What is one small step I can take to support myself?



“

*The most
important
relationship
you will ever
have is the
one with
yourself.*

Nurture it. ”



REMEMBER:

Ask yourself these
questions with
curiosity, not
judgement.
Your answers can
change over time,
and that's okay.



*You are allowed to be where you are.
You are allowed to take your time.
You are allowed to put yourself first.*



You are not alone.
Hope is real.



WEEKLY MOOD TRACKER

Awareness is the first step towards change.

Tracking your mood each day can help you spot patterns, understand your triggers and recognise small improvements. There's no right or wrong way to feel.

Just be honest with yourself.

HOW ARE YOU FEELING TODAY?



Good
(4)



Okay
(3)



Struggling
(2)



Very Hard
(1)



Overwhelmed
(0)

DAY	MOOD (0–4)	WHAT HAPPENED TODAY? (Notes, triggers, positives)
MONDAY 		
TUESDAY 		
WEDNESDAY 		
THURSDAY 		
FRIDAY 		
SATURDAY 		
SUNDAY 		

“

You don't have to have it all figured out. You just have to take it one day at a time.

”

REMEMBER:



Small steps create big changes.



Be kind to yourself.



Progress is progress, no matter how small.



You are stronger than you think.

WEEKLY REFLECTION



- What went well this week?
- What was difficult?
- What can I do differently next week?
- One thing I'm proud of:
- What I am grateful for:

You are not defined by your worst day. You are shaped by your courage to keep going.

You are not alone.
Hope is real.



MONTHLY PROGRESS TRACKER

Small changes. Real progress. Brighter days ahead.

Use this tracker to look at your month as a whole.
Notice patterns, celebrate progress and be kind to yourself
on the harder days.

Every month is a new chance to grow.



“
You don't have
to see the
whole staircase,
just take
the first step.
One day,
one step,
one month
at a time.”

REMEMBER:



It's okay if some
days are harder
than others.



Look for progress,
not perfection.



Small steps
add up to big
changes.



You are allowed
bad days.
You are allowed
to take breaks.



Keep going.
You are doing
better than you
think.

DAY	HOW ARE YOU FEELING TODAY? (0-4)					SLEEP (Hours)	ACTIVITY (Minutes)	SELF-CARE (Yes / No)
	4	3	2	1	0			
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
16								
17								
18								
19								
20								
22								
23								
24								
25								
26								
27								
28								
29								
30								
31								

THIS MONTH...



- What went well?
- What was difficult?
- What helped me the most?
- What will I carry into next month?

GOALS FOR NEXT MONTH



1.
2.
3.



*Every day is a chance to begin again.
Believe in yourself. You are worth it.
Your future self is grateful for what you do today.*



*You are not alone.
Hope is real.*



A MESSAGE FROM MARK

I wrote this guide because I've been there. I know what it feels like when depression sits heavy on your chest, steals your energy and whispers that nothing will ever change.

But I also know that change is possible.

Through years of research, through listening to thousands of stories and through my own journey, I discovered something important:

*You can learn to understand it,
live with it and move beyond it.*

This guide is not a cure. It's not a quick fix. It's a companion for your journey – a step-by-step friend when the road feels long and the climb seems too steep.

Wherever you are right now, please remember this: you are stronger than you think.

*You are worthy of hope.
You are worthy of a better tomorrow.*

“

*Darkness can only exist in the absence
of light. You are that light.
Keep shining, even when it feels dim.
The world needs you here.*

”



YOU MATTER

Your feelings are valid.
Your life has meaning.
You belong here.



KEEP GOING

Small steps every day
can lead to big changes.
Progress is possible.



THERE IS HOPE

Tomorrow can be different.
Better days are ahead.
You are not alone.



*Thank you for trusting me to walk a part of this journey with you.
Take care of yourself. Be gentle. And never give up on hope.*

With compassion and respect,

Mark Rosen

*You are not alone.
Hope is real.*



FIVE FACES. ONE JOURNEY.

This guide was created to help you understand depression, recognise the signs and take steps towards a better, healthier life.

*Remember: healing is possible.
You deserve it.*



KEEP THIS GUIDE CLOSE

Revisit it when you need support, inspiration or a reminder that you are not alone.



FOR YOU

- Be kind to yourself.
- Take small steps.
- Celebrate progress.
- Ask for help.
- You matter.



FOR OTHERS

- Listen without judgement.
- Offer support.
- Encourage help-seeking.
- Check in regularly.
- Your support can make a difference.



FOR TOMORROW

- Hold on to hope.
- Better days are ahead.
- Change is possible.
- You can heal.
- Your story is not over.



Wherever you are on your journey,
there is hope, help and a way forward.

You are worthy. You are not alone.



NEED MORE SUPPORT?

Use the contacts and resources in this guide or scan the QR code for additional help, tools and support services.



← Scan for
more support
and resources

Progress,
not perfection.
You've got this.



WEEKLY MOOD TRACKER CONTINUATION SHEET

This sheet helps you keep going with your mood tracking journey. Each week is a new opportunity to learn more about yourself, notice what helps and build a life that supports your well-being.



REMEMBER

Every feeling is valid.
Tracking your mood helps you take
back control, one day at a time.

HOW TO USE



Mood

Colour in the face that best matches how you felt overall each day.



Highlights

What was good about your day? Even something small.



Challenges

What was tough or difficult today?



One Small Step

What is one small thing you can do tomorrow to look after yourself?

DAY	MON	TUE	WED	THU	FRI	SAT	SUN



YOU ARE MAKING PROGRESS

It's okay to have ups and downs.

Keep going. Better days are ahead.



KEEP TRACKING.

Notice patterns.
Understand your triggers.
Create a calmer mind.



NEED MORE COPIES?

Print this continuation sheet as many times as you need. Keep your journey going.

“ Small steps today
create a stronger,
healthier you ”
tomorrow.



YOU ARE NOT ALONE

Support is always available.
Reach out when you
need it.

You can't control
every day,
but you can
choose to keep going.



WEEKLY MOOD TRACKER CONTINUATION SHEET

Use this sheet to continue tracking your mood for another week. By noticing how you feel, you can start to understand what affects your mood and what helps you feel better. Small steps lead to big changes.



REMEMBER

There will be good days, tough days
and everything in between.
Every day you track is a step forward.

HOW TO USE



Mood

Colour in the face that best matches how you felt overall each day.



Highlights

What was good about your day?
Even something small.



Challenges

What was tough or difficult today?



One Small Step

What is one small thing you can do tomorrow to look after yourself?

DAY

MON

TUE

WED

THU

FRI

SAT

SUN



YOU ARE MAKING PROGRESS

Your feelings are real.

Your effort is enough.



KEEP TRACKING

Keep noticing.

Keep understanding.

Keep moving forward.



NEED MORE COPIES?

Print this continuation sheet
as many times as you need.
Keep your journey going.



*You don't have to
have it all figured out
to move forward.*



YOU ARE NOT ALONE

Support is always available.
Reach out when
you need it.

Every day is
a chance to feel
a little better.



WEEKLY MOOD TRACKER CONTINUATION SHEET

Use this sheet to continue tracking your mood for another week. Regular tracking helps you notice patterns, understand your triggers and celebrate small improvements.



REMEMBER

There is no such thing as a bad day on this sheet. Every day you track is a win.

HOW TO USE



Mood

Colour in the face that best matches how you felt overall that day.



Highlights

What was good about your day? Even something small.



Challenges

What was tough or difficult today?



One Small Step

What is one small thing you can do tomorrow to look after yourself?

DAY

MON

TUE

WED

THU

FRI

SAT

SUN



YOU ARE MAKING PROGRESS

Tracking your mood is a powerful tool.

Keep going. You've got this.



KEEP TRACKING.

Keep noticing.

Keep understanding.

Keep moving forward.



NEED MORE COPIES?

Print this continuation sheet as many times as you need.

“ Small steps today
create big changes
tomorrow. ”



YOU ARE NOT ALONE

Support is always available.
Reach out when you need it.

You are not alone.
Hope is real.



UNDERSTANDING THE FIVE FACES

Depression can look very different from one person to another. That's why I created the Five Faces – to help you recognise that what you're feeling is real, valid and not a weakness.

You might see yourself in one face today and another face tomorrow. That's okay.

These five faces are a guide, not a label.

They are here to help you understand what might be happening and to remind you that change is possible.

*Wherever you are on your journey,
there is hope and there is help.*

THE FIVE FACES



THE HOLLOW FACE

When life feels empty, numb and without meaning.



THE HEAVY FACE

When sadness and worry feel overwhelming and exhausting.



THE ANGRY FACE

When frustration, irritability or resentment take over.



THE QUIET FACE

When you withdraw, hide your feelings and feel alone.



THE RESTLESS FACE

When your mind won't slow down and you can't find peace.



THE MOST IMPORTANT TRUTH

No matter which face you are facing right now,
you are not alone and you do matter.



YOU ARE VALID

Your feelings are real.
There is no right or wrong way to feel.



THERE IS A WAY FORWARD

Small steps can lead to big changes.
Recovery is possible.



HOPE IS REAL

Better days can come.
There is light, even when it feels far away.

A Final Reflection

Five Faces

One Journey. Real Understanding. Real Hope.

If this guide has helped you understand even one part of yourself that seemed confusing before, then it has achieved exactly what it set out to do.



You are
not your
depression.



A Joined-Up Approach

Five Faces was created to encourage a more joined-up approach between all the people and services involved in your care.



GPs &
Doctors



Consultants &
Psychiatrists



Therapists &
Counsellors



Support
Groups



Social
Workers



Support
Organisations

YOU

Sharing information, understanding your journey, working together for the best outcomes.



A Guide, Not a Replacement

Five Faces is **not** a replacement for medical advice, counselling, psychological therapy or any other professional treatment.

It is designed to work alongside those services.

It brings your thoughts, experiences and progress together in one place, so important information doesn't have to be lost or repeated.



Built on Proven Approaches

Many of the ideas and exercises in this guide are based on the evidence-based principles of Cognitive Behavioural Therapy (CBT). They are practical tools you can use between appointments to help you understand, change and move forward.



The Journey Continues

Recovery isn't a straight line. There will be good days and difficult days. Every small step matters. Every conversation counts. Every moment of understanding is progress.

**Never judge your future by your worst day.
Hope grows when understanding leads the way.**



Thank you for allowing Five Faces to become part of your journey.

Wherever life takes you next, may you find peace in your thoughts, strength in your heart and confidence in your future.

Asking for help is not a weakness – it is an act of courage.

Take care. Keep believing. You matter.



One Journey.
Real Understanding.
Real Hope.