

News release

For immediate release

Blue Monday: Relate Cambridge offers tips for couples where one or both people are affected by depression.



Relate Cambridge is using this Blue Monday (Monday 18th January), commonly known as the most depressing day of the year, to offer support for those living with depression.

Centre Director of Relate Cambridge, Claire Nunes said: “There’s clear evidence for the link between relationships and mental health with people in troubled relationships three times as likely to experience depression as those who aren’t.

‘Blue Monday’ is pointed to as the most depressing day of the year, but for those living with depression and any day could be a ‘blue’ day”.

In a speech on Monday 11th January, David Cameron also announced the Mental Health Taskforce report is due to be published in the ‘coming weeks’ and will include further investment and service expansions. This is likely to include an expansion of the

Improving Access to Psychological Therapies (IAPT) programme.

Relate Cambridge has issued general advice for couples where one or both people are affected by depression.

Relate Cambridge tips for coping with depression in a partner.

Acknowledge to each other that there's a problem. Partners often worry about burdening one another but talking about an issue such as depression or one person going off sex because of low mood is the first step towards getting help.

Recognise that depression is something that can be worked with. There's plenty of support out there and it doesn't have to be this way forever.

Read up on the issue. This will help you to better understand what your partner is going through. Mind's website is a really useful source of information: www.mind.org.uk.

Talk regularly to your partner about depression. Talking about depression within your couple relationship is the hardest but also the bravest and most effective thing you can do.

Remember it's about both of you. The person with depression and the partner who doesn't have depression both have needs and may both need support.

Understand that Depression is not something to be embarrassed about. Depression is a common and recognised condition. Lots of people feel low at some point in their lives.

Reach out to family and friends. It can be tempting to bottle up your feelings but with mental health problems affecting 1 in 4 people, it's likely there'll be people you know who've been through similar things and can support you.

Speak to your GP. Ask them about different treatment options.

Relate Cambridge offers information, advice and counselling for all stages of relationships, including helping families to build and maintain strong relationships.

Call us on 01223 357424 or visit www.relatecambridge.org.uk for more information.

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For all media enquiries contact Elaine Taylor on **01302 347712**

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Relate Cambridge – supporting relationships at every stage of your life

Notes to editors:

- Relationships are under increasing pressure – breakdown costs the UK an estimated £46bn each year.
- **Relate** champions the importance of strong and healthy relationships as the basis of a thriving society.
- Relate provides impartial and non-judgmental support for people of all ages, at all stages of couple, family and social relationships.
- Over a million people every year access information, support and counselling from Relate but it's clear many more would benefit from Relate services.
- Relate's couple counselling work delivers an estimated £11.40 of benefits for every £1 spent.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of around 1,700 counsellors across the country.
- Relate Cambridge celebrated its 70th birthday in 2015.
- For more information and advice visit: www.relate.org.uk.