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# A PLACE FOR MY HEAD

# DEPRESSION/LOW MOOD

Thanks to Maarten for helping with this one

Depression is a low mood that last for a long time and it can affect people's abilities to function. It can look like being unable to think and filter out information. It can feel like cognitive overload where it takes longer to do things. People sometimes feel like they don't care about things they used to enjoy and that nothing amuses them. It can make you feel angry if there is a distressing/traumatic event underpinning your low mood. You can experience changes in behaviour such as suicidal thoughts which feels like a horrible monster on top of you.

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## WHAT HELPS?

Having a **structure and a routine** e.g. cook, clean and trying to maintain this **Self-care** and sticking to the basics e.g. showering. People with low mood/depression will sometimes forget to take care of their physical health which is interconnected to a persons wellbeing.

**Talking to someone** about how you feel e.g. a therapist, friend or family member

Having **activities/hobbies** to do such as making music, writing, painting but make sure that you do it for yourself

**Exercising** can help to increase motivation and feel better naturally

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## METAL SONGS ABOUT DEPRESSION

**Slipknot** - Unsainted, Snuff

**Tool** – Sober

**Pantera** – I'm Broken

**I Prevail** – Trauma

**Megadeth** - In My Darkest Hour

**Alice In Chains** - Down in a Hole

**Linkin Park** - Easier to Run, Somewhere I

Belong, Heavy

**Korn** - Alone I Break

**Machine Head** - Damage Inside

**Avenged Sevenfold** - I Won't See You

Tonight (part 1)

**System of a Down** - Lonely Day

**Soundgarden** - Fell on Black Days

**Metallica** - Fade To Black

**Type O Negative** - I Don't Wanna Be Me

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## RESOURCES FOR DEPRESSION

The **HMT website** has 3 stories from Linda, Scott and Steve where they talk about their experiences with low mood/depression relating to physical health challenges, chronic pain and loss at [heavymetaltherapy.co.uk/stories](http://heavymetaltherapy.co.uk/stories)

**HMT playlists**– to listen to related music compiled by the HMT community visit [heavymetaltherapy.co.uk/lowmood](http://heavymetaltherapy.co.uk/lowmood)

If you are in the UK and are struggling with low mood/depression/suicidal thoughts and think you need support from mental health services you can seek a referral via your GP or seek advice via NHS 111. If you feel at immediate risk contact your emergency services

**Self-Help Resources** - If you want to try self-help materials visit <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care/>

**FOR MORE INFORMATION, PLEASE VISIT:**  
**WWW.HEAVYMETALTHERAPY.CO.UK**