

HOPE THERAPY & COUNSELLING SERVICES

Depression Support

Depression doesn't always look the way people expect.

Qualified counsellors supporting people with depression in all its forms across England — online nationwide and face-to-face. Depression is one of the most treatable mental health conditions there is. You don't have to keep managing alone.

NCPS ORGANISATIONAL MEMBER

NICE-RECOMMENDED TREATMENTS

FROM £65

FREE 15-MIN CONSULTATION

DEPRESSION IS NOT SADNESS

That distinction matters – it affects who seeks help, and who suffers longer than necessary

"Sadness eases as circumstances change or time passes. Depression is something different: a persistent alteration in mood, energy, cognition and motivation that goes beyond what circumstances alone would explain."

Depression affects not just how you feel but how you think, how you sleep, how you eat, how you relate to other people, and your capacity to experience anything — including pleasure, interest, or hope — as meaningful.

Depression is also one of the most common mental health conditions in the UK: approximately one in six adults will experience it at some point, and for many it will be recurrent. **It is highly treatable.** Psychological therapies — particularly CBT and counselling — are recommended by NICE and produce lasting change rather than simply managing symptoms.

DEPRESSION IN ITS VARIOUS FORMS

Not one thing

Major depression

A significant, sustained episode of low mood, loss of interest or pleasure, fatigue, and often physical symptoms. Can be a single episode or recurrent. Requires proper support rather than willpower alone.

Persistent depressive disorder

A lower-level depression persisting two or more years. Often normalised — "I've always been a bit like this" — and people frequently seek support later, if at all. The accumulated impact is significant.

High-functioning depression

Continuing to meet obligations at work and at home while feeling hollow, exhausted, or empty inside. Because the external performance continues, the internal experience often goes unseen — by others and sometimes by the person themselves.

Seasonal affective disorder (SAD)

Depression following a seasonal pattern — most commonly emerging in autumn and winter. Low mood, fatigue, increased sleep, changes in appetite, and withdrawal. The seasonal pattern shapes treatment choices.

Postnatal depression

Depression developing after the birth of a child — distinct from the "baby blues" and affecting around one in ten new mothers. Persistent low mood, feelings of inadequacy, difficulty bonding, exhaustion beyond what new parenthood alone explains.

Depression with anxiety

Depression and anxiety are highly comorbid — they co-occur in a significant proportion of cases. Mixed presentations can be harder to recognise. Both require attention, and therapy that can hold both dimensions simultaneously is often most effective.

WHAT THERAPY DOES FOR DEPRESSION

Addressing the patterns that maintain it – not just the symptoms

Depression has a particularly cruel way of undermining the very things that would help it. It reduces motivation, narrows perspective, disrupts sleep, and creates a persistent sense that nothing will change. One of the most useful things a therapist can do early on is help stabilise things – supporting routines, small behavioural changes, and the experience of being genuinely heard without judgement.

THERAPEUTIC APPROACHES

Evidence-based approaches – matched to your situation

NICE RECOMMENDED

CBT

Addresses the thought patterns that maintain depression – selective focus on negatives, harsh self-criticism, catastrophising, avoidance and withdrawal. Builds more workable ways of relating to difficult situations. Uses behavioural activation: structured, gradual engagement with activities that directly impact mood. From £65.

NICE RECOMMENDED

Counselling

A consistent experience of being accepted, understood, and valued by another person. For many with depression – particularly where it connects to long-standing patterns of low self-worth – this relational experience is part of what shifts things. From £65.

NICE RECOMMENDED

MBCT

Mindfulness-Based Cognitive Therapy – for people who have experienced depression before and want to reduce the risk of further episodes. Strong evidence for significantly reducing relapse rates in those with three or more previous episodes. Delivered over eight structured sessions. From £65.

CBT On-Demand

Computerised CBT for depression and anxiety – accessible from home at your own pace, with real practitioner support from our team throughout. A lower-cost option that works well alongside or as a step before one-to-one therapy. From £65 per programme.

Professional registration: Hope Therapy & Counselling Services holds NCPS Organisational Membership covering counselling and psychotherapy services. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

DEPRESSION CAN MAKE STARTING FEEL IMPOSSIBLE

The first step is smaller than it might feel

1 Free consultation

A relaxed 15-minute conversation. We listen to where you are, not where you think you should be. No pressure, no obligation. You don't need to have prepared anything.

2 Matched with a therapist

We match you with one of our 90+ qualified therapists based on your needs and what you are looking for. If the fit doesn't feel right, we will find someone else at no extra cost.

3 Your first session

Your therapist takes time to understand your experience. There is no agenda you have to follow. The pace is always led by you, and nothing is required before you are ready.

WHAT OUR CLIENTS SAY

Client experiences

“

I was still going to work, still seeing friends, still doing everything I was supposed to. But inside I felt completely hollow. CBT helped me see the patterns I was in — and gave me tools I still use every day.

CLIENT — HIGH-FUNCTIONING DEPRESSION

“

I'd felt like this for so long I thought it was just who I was. My therapist helped me understand it wasn't. That was the first shift — knowing that what I was feeling had a name and a treatment.

CLIENT — PERSISTENT LOW MOOD

“

Every winter I disappeared. After starting MBCT, something genuinely changed. I still notice the shift in the seasons, but it no longer takes me under.

CLIENT — SEASONAL AFFECTIVE DISORDER

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Frequently asked questions

Is depression a sign of weakness or something I should push through?

No. Depression is a clinical condition with recognisable psychological and neurological components — not a character failing or a sign of insufficient resilience. It is also one of the most treatable mental health conditions there is. Seeking support for depression is no different from seeking treatment for any other health condition.

What is the difference between depression and feeling sad?

Sadness is a natural emotional response to difficult circumstances — it usually relates to something specific and eases as circumstances change. Depression is more pervasive, more persistent, and often less connected to identifiable causes. It affects not just mood but energy, motivation, sleep, appetite, concentration, and the ability to experience anything as meaningful. It can be present even when life appears to be going well externally.

What if my depression doesn't look like the typical description?

Depression presents very differently in different people. Some are overwhelmed by sadness; others feel numb or empty. Some withdraw completely; others keep going but feel hollow inside. None of these presentations are more or less valid than any other. If your life is being significantly affected, that matters — regardless of whether your experience matches the stereotype.

Is depression counselling available online?

Yes. All our counsellors offer sessions online via Zoom or telephone from anywhere in the UK. For people with depression, online therapy can be particularly accessible — removing practical barriers and reducing the activation energy needed to reach out when motivation is low.

How many sessions will I need?

It varies. For focused CBT, a typical course runs twelve to twenty sessions. Counselling may run shorter or longer depending on what you want to explore. MBCT is delivered over eight structured sessions. Your therapist will discuss a realistic timeframe during initial sessions and review progress as you go.

Is everything I say confidential?

Yes. Sessions are confidential in line with professional ethical standards. There are limited exceptions — for example, if there is a serious risk of harm to you or others — and your therapist will explain these clearly before you begin.

DEPRESSION IS HIGHLY TREATABLE

But it rarely gets better on its own

Depression has a way of making it feel as though there is no point trying, or that things will not change. That feeling is part of the condition — not an accurate assessment of the situation. A free 15-minute consultation is the first step. No pressure, no preparation needed.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis or emergency service and do not provide crisis support for active suicidality or self-harm. If you are in crisis, please use the helplines below.

999 — Emergency services · **Samaritans: 116 123** — Free, 24 hours · **SHOUT: text 85258** — Crisis text, 24/7

Depression is highly treatable. You don't have to keep managing alone.

Hope Therapy & Counselling Services offers CBT, counselling, MBCT, CBT On-Demand, and a range of other NICE-recommended approaches for depression — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

calendly.com/hopetherapy/15-minute-consultation?month=2026-04

ALSO FROM US

The Talk Room Podcast — depression covered honestly and without clinical distance. How it really feels from the inside and what actually helps. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.