FLiP Family Law in Partnership

FLIP PODCASTS

EPISODE 2: DIVORCE AND THE IMPACT OF DEPRESSION

TIPS TO TAKEAWAY

- There are essentially two types of depression – clinical depression and circumstantial depression – the latter is often seen during divorce or separation.

- The feeling of depression can occur at any stage of divorce. Often individuals feel depressed at the end of the divorce process, when there is time and space for reflection and, for some, there are feelings of loneliness.

  Many individuals going through divorce can feel a lack, and loss, of control which itself can lead to depressive thoughts. Those who are more likely to be susceptible to clinical depression can feel they are to blame for the relationship breakdown which only exacerbates these feelings.

- Making decisions connected with the divorce when you are feeling low can seem hugely onerous. For example, even completing your financial disclosure often seems a huge overwhelming task. Family solicitors, consultants and therapists will all be patient and guide you through each step at a time.

  Be kind to yourself. If you are in a good place mentally, you are more likely to be able to make the important decisions connected with divorce. Take a walk, do some gardening. Physical activity will help, even if you don't really feel up to it.

- Avoid leaning on your children – children have a closer biological relationship with their other parent than you do – it is a different relationship. Children should know they have two loving parents who will always look after them. Don't allow your children to become your parent. Children can withstand a degree of that but it should not become a standard pattern.

- Seek professional help. You could see a counsellor or therapist; you can attend these sessions either as individuals or as a couple. In particular, where you have children couple therapy can help you come to terms with the next stage of your relationship as separated parents. Therapy can create a safe space to discuss these issues through.

- If couple therapy isn't for you, consider seeing a divorce or life coach. A coach can hold people in place and enable them to reach decisions quickly and in a linear way.

- You will find that even in situations where conflict is so acute, you can and will come out the other side and you will be able to reboot your life.

- Seek the right help – there may be scarring left behind but with the appropriate support, life will get back on track.

To discuss any of these points, please do not hesitate to contact any of FLiP's family lawyers who can point you in the right direction, by referring you to a therapist or by assisting you with the legal process.

These tips are not intended to give legal or other advice.

For further information on any of the topics covered in this information sheet, please contact FLiP on T: 020 7420 5000 or E:hello@flip.co.uk