

[Everyday activities from drinking tea and coffee to exposure to the sun can lead to depression](#)

**Consultants: [Dr William Shanahan](#) and [Dr Richard Graham](#)
Daily Mail, 28th June 2011, Anna Hodgekiss**

Research has found that last year alone, 5.5 million Britons took antidepressants. [Dr William Shanahan](#), Executive Medical Director and Lead consultant at Catio Nightingale Hospital and [Dr Richard Graham](#) an expert consultant on [technology addiction](#) gave their opinions on how everyday activity can lead to [depression](#).

[Dr. Shanahan](#) explains how drinking excessive tea and coffee can cause lack of sleep thus lead to [depression](#). He also stresses on the importance of avoiding caffeine to avoid a low mood.

Whereas [Dr Graham](#) gives his expert views on how [technology](#) overuse can lead to a gloomy mood thus [depression](#). [Please read the full article](#)

Further Information

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[Technology Addiction](#)

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