

Depression



What is Depression:

Depression is a mental health illness where the individual suffering faces persistent low-mood and sad. It isn't always obvious however, even to the person suffering that they may be experiencing depression. Here are a few examples of depressed behaviour:

Continuous low mood or sadness	Feeling hopeless, helpless and/or lonely
Often feeling tearful without much cause	Frequently feeling guilty or to blame.
Finding other people irritating irrationally	Struggling to find motivation or interest in things
Being indecisive and finding the pressures of making choices	Not being able to get any enjoyment out of life

"Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together". (NHS)

Depression Myths:

Myth: "Depression is just the same as feeling sad" This is not the case. Depression is more consistent and will often take a lot longer for a person to work past. More severe cases of depression require some form of intervention in order to let the person struggling move on.

Myth: "You can only be depressed if something bad happened to you" This is false. Depression can be caused by a traumatic event or grieving over the loss of someone/something. However, depression can

What to do if you feel depressed:

When you first recognise that you're feeling depressed it can be very overwhelming. However, here are some steps you can take to be able to feel like you're taking back control:

Wait a little while:

It sounds counter-productive, but mild depression can go away all by itself. Don't wait longer than two weeks though!

Try exercising once a day:

It doesn't have to be for a long time, but it should increase your heart rate. It'll help your brain produce hormones which make you feel happy.

Visit your GP:

Especially if you've already waited a while. They'll be a good point of contact in helping you get better

Try following a self-help scheme:

There's lots of apps and books which can guide you through a spell of depression.

Talk to someone that you can trust:

People who care about you can offer the support you need. This could include parents, carers, family, friends, teachers, the school nurse, youth workers or a Doctor/your GP

Helplines and services available:

Samaritans www.samaritans.org Freephone (UK and Republic of Ireland): 116 123 (24 hours)

Childline www.childline.org.uk Freephone 24h helpline: 0800 1111

Kooth: Free, safe and anonymous online support for young people www.kooth.com

Shout: Free 24/7 text service for anyone in crisis www.giveusashout.org Text 85258

The Mix: Free information and support for under 25s in the UK 0808 808 4994 www.themix.org.uk