

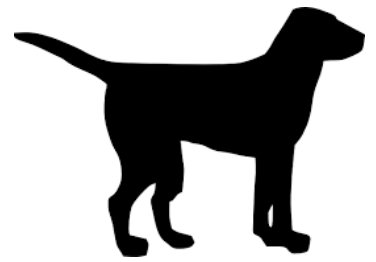
ABOUT DEPRESSION

What is depression?

We all feel low or down at times but if your negative emotions last a long time or feel very severe, you may have depression.

Depression can affect your thoughts, feelings and behaviours, and sadness is only one of the possible symptoms.

Although it's hard to feel optimistic when you're depressed, there is lots of support available to help you feel better.



The symptoms of depression

Depression affects different people in different ways. Symptoms can include:

- Not wanting to do things that you previously enjoyed
- Avoiding friends or social situations
- Sleeping more or less than normal
- Eating more or less than normal
- Feeling irritable, upset, miserable or lonely
- Being self-critical
- Feeling hopeless
- Maybe wanting to self-harm
- Feeling tired and not having any energy

Just because you experience one or more of these symptoms, it doesn't mean you're definitely affected by depression. It's important to talk to your GP to get a full diagnosis.

What to do about depression

Take the first step – if you think you are affected by depression, tell someone.

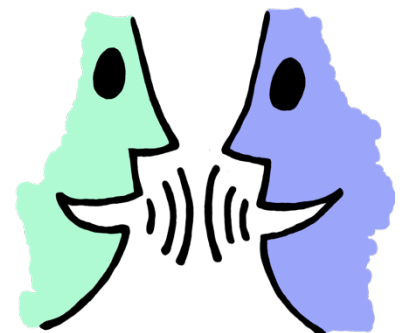
You might not like asking for help. You may feel that you don't want to burden other people. You worry about what they might think or that they could tell others.

You may even be afraid that they'll laugh at you.

In fact, people who care about you will want to help you.

Who can you ask for help?

- Your family – parents or carers, siblings, grandparents, aunts, uncles or cousins
- Trusted friends – your own friends, or friends of the family, neighbours



- At school - one of the Mental Health Ambassadors, a Guidance Teacher, the school nurse, or any other trusted adult.

Remember, you can also call Childline - 0800 1111

Treating depression

The starting point is to visit your doctor (GP) with an adult. The doctor will talk to you about how you are feeling and suggest some things that they think will help. These could include talking therapies and / or various self-help strategies.



Want to Know More?

Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/depression-feeling-sad/>

EPIC friends

www.epicfriends.co.uk/depression

Young Minds

www.youngminds.org.uk

www.cool2talk.org