

Further questions?

Here are some websites that have helpful information about depression:

www.kooth.com

www.childline.org

www.youngminds.org.uk/find-help/conditions/depression

www.thecalmzone.net

www.epicfriends.co.uk

www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx

Contact

The Emotional Health Service

42 York Street, Twickenham TW1 3 BW

T: 020 8487 5470

Opening hours:

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

W: www.afcinfo.org.uk/emotionalhealthservice

Emotional Health Service



Low mood or depression

Information for young people

What is depression?

Depression is an exaggeration of feelings of low mood. All people feel down or sad sometimes, but when this feeling goes on for a long time and stops you from living your life as you would normally, then it can sometimes be called depression. For most people this starts in their late teen years, but it is possible to start at a much younger age. It is a fairly common illness and one which we know how to treat.

What does it look like?

Depression looks different for everyone, but if any of the following symptoms are interfering with your enjoyment of daily life, please let someone know.

- Feeling moody and easily annoyed
- Not wanting to socialise with friends or family or take part in activities you usually enjoy
- Not looking after yourself: your appearance, hygiene, health
- Sleeping much more or less than usual
- Feeling tired or slow a lot
- Feeling hungry more or less than usual
- Suffering from headaches, stomach aches or other pains without any clear explanation
- Having low self-esteem or few hopes for the future

Who gets depression?

Nearly 80,000 young people and children suffer from severe depression (Young Minds). Anyone can develop depression or feelings of low mood, however some people have a higher risk of developing them than others. Girls and women are more likely to develop depression and people with immediate family members who suffer from depression also have a higher risk.

Depression is caused by a whole mix of things which are different for each person. Examples of some of these things are:

- changes in the chemical balance of the brain which may have been caused by natural changes that happen when growing up
- difficult or upsetting events happening suddenly in your life
- stressful situations

What can I do about it?

Often simple solutions work quite well to combat intense feelings of sadness.

For example:

- create a routine that involves getting up, dressed and out of the house at least once a day
- making sure that you are looking after yourself by sleeping and eating well
- treating yourself to your favourite things
- spending time with other people
- keeping busy with nice activities



Sometimes it is difficult to put these feelings into words or to not feel guilty or blamed for having them. Although it takes bravery to get over these worries, it is important to try and talk about your feelings so that you can get the help you need to make you better.

Lots of people get better by themselves after talking about their feelings with someone they trust. If these feelings go on for a while and get worse or don't get better and you want to talk to a professional, you can do this by contacting the Emotional Health Service using the phone number on this leaflet.

Talking therapies are usually recommended for depression, but decisions about your care are always made with your opinions in mind.