

All about...

Depression



We hope the information we've provided here is useful. However, please remember that everything you read is supplied as information only and should never be taken as medical advice.

Instead, if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional.

Introduction

Everybody goes through times of feeling sad or 'down'. For some people, these feelings feel very intense and last for a long time. This is called depression.



Information

Depression is a common illness that affects 1 in 10 people at some point in their lives. It can affect children and adults. Depression can make people feel very unhappy and hopeless, and feel very critical about themselves. Sometimes depression happens when a person is going through difficult situation, and sometimes it seems to happen for no reason.



Signs You May Notice

Showing one or more of these signs sometimes means that a person is experiencing depression:

- feeling very sad, hopeless or lonely,
- saying negative things about themselves,
- often feeling tired, or having lots of aches and pains,
- crying often or feeling tearful,
- feeling angry with others,
- not wanting to go out, see people or take part in things,
- sleeping more or less than normal,
- wanting to eat more or less than normal.



Getting Help

If someone has feelings of sadness or hopelessness for a long time, or the feelings become too much to cope with, it is really important that they speak to a grown-up they trust, like a teacher, a counsellor, a friend, a parent or a relative.

A trusted adult should be able to help the person seek advice from their doctor. The doctor might recommend help such as counselling, therapy or medication to help the person feel better.

Getting help is the first step towards feeling better.



Feeling Better

There are lots of things to try that may help a person who is affected by depression to feel better.

Talking about the upsetting thoughts and feelings may help the person feel less alone.

Physical activity such as sport, riding a bike or even going for a walk may help the person feel more positive.

Taking up a hobby such as making models, drawing, or writing in a journal may help the person.



How Can Friends Help?

There are lots of ways that friends may be able to help.

- Ask how your friend is feeling.
- Be there to listen – let them know that you take their feelings seriously.
- Suggest speaking to a trusted adult and offer to go with them.
- Treat your friend with kindness and try to help them to feel good about themselves.



Additional Support:

Childline:

Support by email, chat or by calling for free 24/7.

Phone: 0800 1111

Textphone: 0800 400 222

Website: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/about-anxiety/>

Young Minds:

Signs, symptoms and practical advice.

Website: <https://youngminds.org.uk/find-help/conditions/anxiety/>

The Children's Society:

What depression is, how you might feel and what you can do.

Website: <https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/anxiety>