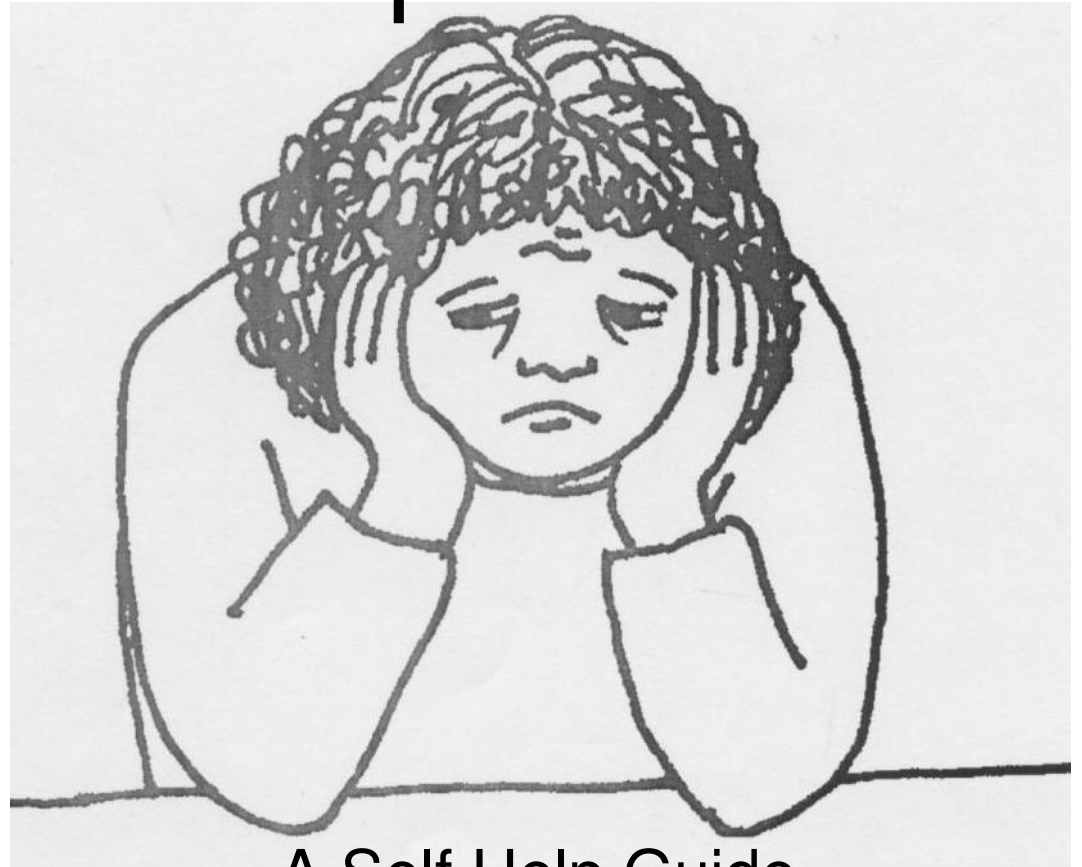


Depression



A Self Help Guide

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What is depression?

Depression is a word which is used to describe a low or sad mood.



Other words to do with depression could be ...
unhappy
miserable
helpless

Depression is a common problem

Tell them how you are feeling.



Sometimes when people feel very depressed they think about hurting themselves



If you feel like this visit your doctor as soon as possible

Lots of people feel low at times



For some people the problem gets much worse.

It can stop you enjoying life.

What are the signs of depression?

Depression affects different people in different ways.



What else can help?

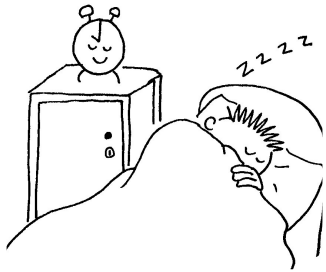
If the ideas in this book don't help, you can go to your Doctor to get more help.



Your Doctor might suggest that you visit a **Psychologist**

A **Psychologist** is someone who has been trained to help people talk about their problems. You don't have to talk about anything you don't want to





- Make sure you get enough sleep

These are some of the things you might feel if you are depressed:



- Listen to music or relaxation tracks



- You might feel down and fed-up



- Cut down or quit smoking



- Cut down or stop drinking



- You may find it hard to decide things

Things you might do:



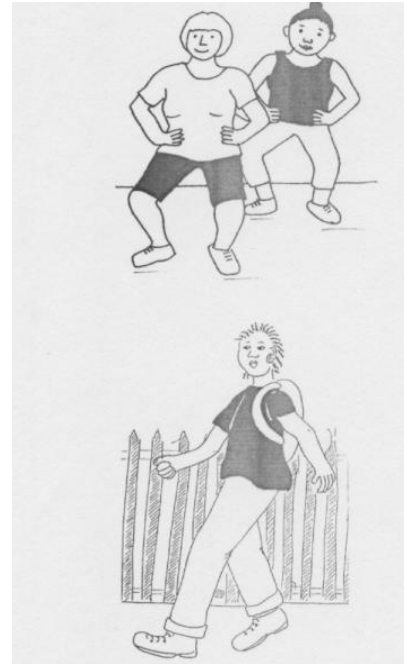
- You may keep thinking about bad things



- You may cry a lot



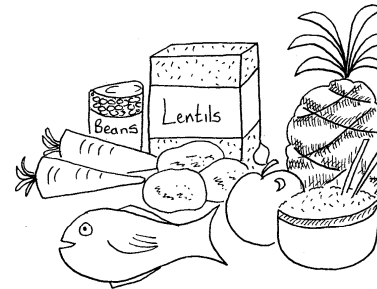
- You may get annoyed and lose your temper more than usual



- dancing

- walking

What can I do to help myself?



- Eat healthy food

Taking part in things like exercise can be helpful.

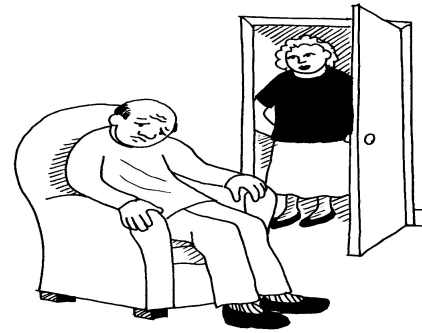
You might not feel like doing it, but it could make you feel better.

Try things like:

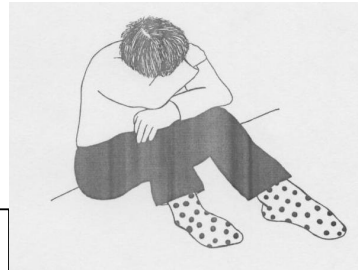


- swimming

- running



- You may not want to do anything



- You may stop talking to people and not ask anyone for help



- You may start drinking more, or start using drugs



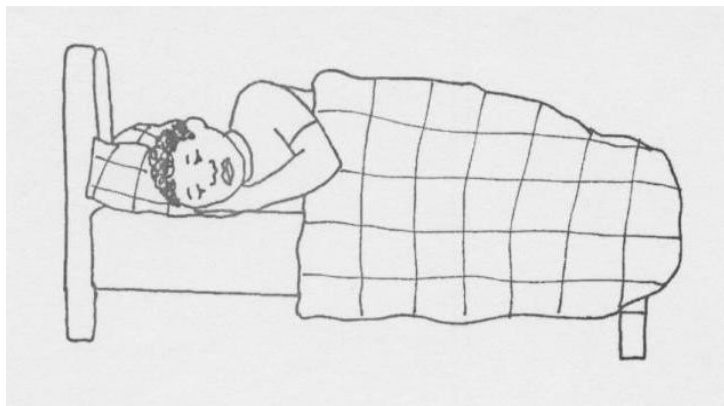
- You may **hurt yourself** or think about hurting yourself

How your body feels:

- You may wake up early or can't get to sleep



- You may be really tired and feel like you can't get out of bed



You could talk to:



- A friend

- your teacher

- your family

- A staff member

- your social worker

- your community nurse

- your doctor

What can I do to help myself?

You might think that nothing will help you feel better

But there are things you can do.

Try to talk to someone about how you feel.

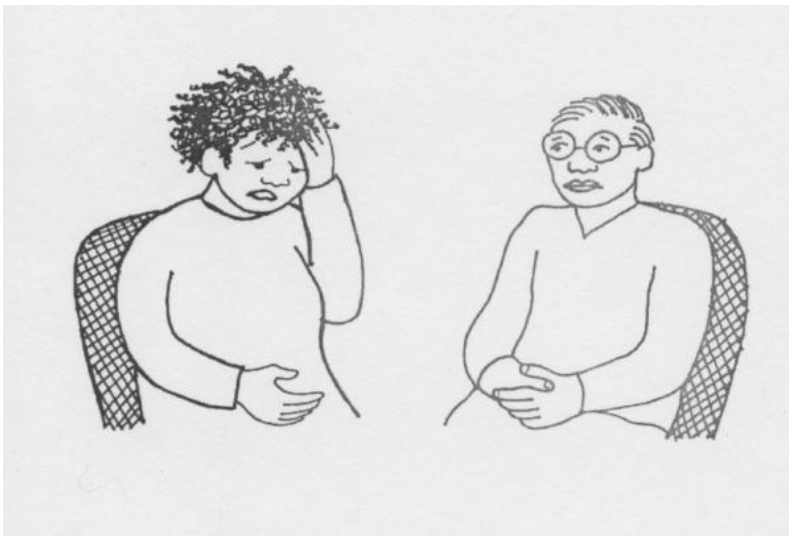


- You may eat more or less than usual

What causes depression?

There are lots of causes for depression.

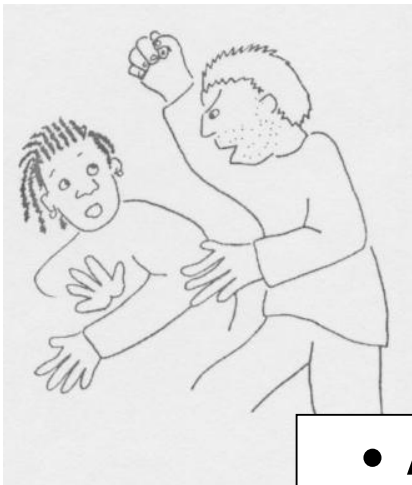
These are different for every person.



Some things that can cause depression are:



- Things that happened to you when you were young



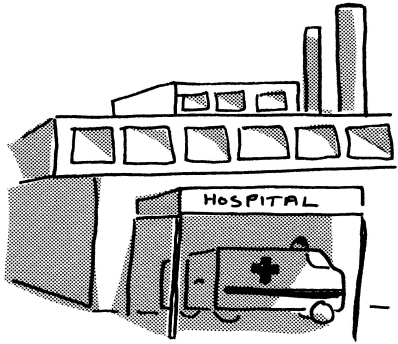
- A bad experience



- Someone close to you dying



- Problems with relationships
Or being lonely...



- Being ill



- Sometimes we don't know why