

Youth

RESOURCE PACKS

Dealing with Depression

HOW TO COPE WHEN YOU'RE FEELING
CONSISTENTLY DOWN



Response

Youth

Signs I might be depressed

I feel sad or have a low mood for a long time

I'm easily irritated or grumpy all the time

My tiredness doesn't go away

I want to spend a lot of time alone

I feel worthless, lack self-confidence, everything seems hopeless and I wonder what the point is.

I might feel completely numb

I have no interest in doing anything I usually enjoy

I feel anxious

“DEPRESSION CAN BE TRIGGERED BY A DIFFICULT EVENT IN YOUR LIFE
DEPRESSION CAN BE WORSE AT CERTAIN TIMES OF THE YEAR LIKE THE WINTER MONTHS.”

I might be self-harming to cope or having suicidal thoughts

I'm not looking after myself, sleeping badly or under/over eating.

Things I can do to help

COVER THE BASICS

When depression gets difficult the idea of achieving anything can feel overwhelming so it can be best to go back to basics and focus on taking care of yourself.

- Showering or basic washing can help. Brush your teeth and change your clothes even if it's just into clean pyjamas.
- Try to get up and go to bed at the same time which might help if you are sleeping too much or too little.
- Eat little and often or make a batch of healthy meals and freeze them for when you can't face cooking.
- Keep your body moving with gentle and calming physical activity such as yoga.
- Avoid alcohol which is a depressant.

SOCIALISE

The idea of socialising can feel daunting when you're depressed but maintaining contact with people is important.

When your social battery is feeling a little more charged talk to someone you trust and who understands you.

MINDFULNESS

Stop what you're doing, sit still, close your eyes and start to notice what is going on within and outside yourself.

When you allow yourself to sit with your worries, irritations, memories, and other difficult thoughts, they tend to have less of an effect.

ACTIVITIES

Try a new activity or hobby to build motivation, confidence, joy, and reconnect with others.

Reengaging with activities could possibly break negative ways of thinking and behaving.

NATURE

Spend time in nature by going for a small walk or sitting on a bench under the trees.

If you're struggling to leave the house, try opening a window to let in fresh air and sunlight.

COUNSELLING

Consider talking to a professional who can help you work through how you're feeling.

Keep reading for signposting to other services.

HEALTH

Consider how you are fueling your body. It has been proven that deficiencies in vitamins and minerals can cause depressive symptoms.

If you are unsure, your GP can run blood tests to say for definite what food will help you.

CREATIVITY

Try expressing your feelings through a creative activity; colouring, drawing, taking photos, writing, cooking, baking, singing, dancing, painting or crafts might help.

A journal can help you process thoughts and express feelings.

Who can help...



Youth

In an emergency

Call 999 if you are in immediate danger and unable to keep yourself safe

My GP

They can offer advice, prescribe medication and refer you to other relevant services.

Someone I trust

Parents, teacher, a manager, colleague, friend or partner.

Dial 111

If you are not at immediate risk and the GP is closed

Text Shout

Text 85258 for free, confidential, mental health support 24/7

Call Samaritans

Call 116 123 for support on the phone 24/7 365 days a year

Contact Mind

www.mind.org.uk for information, advice and local services

Search hubofhope.co.uk

They provide information on local support services

Look up Young Minds

They help young people can receive the support they need when they need it