

What is depression?

Everyone can feel sad or blue even when bad things happen, however this is not depression. People with the "blues" may have a short term depressed mood but they can manage to cope and soon recover.

Clinical depression lasts for a longer period of time, or comes back over and over again, for a few days, and affects your everyday life.

Facts & information

Depression is a common but serious illness and can be recurrent (that is, people recover but develop another episode later)

One in Six school aged children have a mental health problem (Centre for Mental Health,2020)

Among teenagers, rates of depression have increased by 70 percent in 25 years. (Mental Health Foundation, 2005)

What causes depression?

Depression has no single cause and often involves the interaction of psychological and social factors. These include

Childhood experiences, life events, family death, peer conflict, school work problems, exam pressure, a family history of depression.

First aid for depression - ALGEE

Ask - how can you help?

Listen - non-judgementally

Give - reassurance and information

Enable - the person to get appropriate professional help

Encourage - self help strategies

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ways to face depression

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What can I do?

Looking after yourself can make a big difference to how you feel. Here are some things to try:

Get good sleep

Eat well

Keep active

Connect with other people

Practise self care

How can friends and family help?

The support of friends and family can play a very important role in someone recovering from depression. Here are some suggestions for how you can help.

Support them to get help

Be open about depression

Don't be critical

Useful contacts

Depressionuk.org

Nice.org.uk

Nhs.uk

Samaritans tel 116 123

Living with a black dog—must have guide for friends and family

What treatment is there?

The sort of treatment offered for depression will depend on :

How the symptoms are affecting the person

Personal preference for the treatment that will help best.

The main treatments are talking treatments and medication. Talk to a GP about how you feel, and they may refer you for support.

Common signs and symptoms

These include: Feeling down upset or tearful

Empty and numb

Hopeless and despairing

Finding no pleasure in life or the things people enjoy

Worthless and down on oneself

Loss of confidence and self worth

Did you know?

We have created a number of these leaflets to help with a variety of issues. The full list of topics is on the back of this leaflet.

If you drop us an email we will send them to you.



Taking care of yourself

Your mental health is vital too, and looking after someone else could put a strain on your wellbeing.

It is important that you are able to recognise when things are becoming too much for you and get support for yourself.

What can I do to help someone with low mood:

- LISTEN—You might be the only person they talk to.
- Do not panic - this person needs you to be strong
- Be patient and check in with them regularly. Gentle encouragement and support is needed to help them.
- Talk to them and encourage (but do not force) them to identify how they feel and why they might be feeling a particular way. Focus on positive actions they can take, or you can support them with, that might help them to feel better.
- Offer advice or direct them to sources of practical advice (see below).
- Seek support and advice from your GP
- Ask the person if their anything you or school can do that might help?
- If you are concerned about their wellbeing or safety, record your concern and report it to the nest (and via MyConcern– for staff)
- Ensure the young person know that you must pass on information that suggest that they may be at risk of harm, and explain what you will do.
- Follow up with them again and be there if needed. Report it again if you are still concerned about them.

Useful information

mind.org.uk

youngminds.org.uk

nhs.uk

Kooth.com

Leaflets available

- Loss ● Anger ● Anxiety ● Sleep ● Bullying ● Managing Behaviour ● Coping with parents breaking up (leaflets for parents as well)
 - Self-harming ● Attendance ● Dyslexia ● Dyscalculia ● ASD
- ADHD ● Coping with lockdown ● Workload ● Work stress ● Confidence

If you would like to receive a copy of any of these 10 Ways To leaflets, please email wellbeing@purbeck.dorset.sch.uk and we will send them to you