

What is Depression?

Think Forward Health

07498 200435

www.thinkforwardhealth.com



Symptoms

- Feeling sad, guilty, worthless, or hopeless
- Feeling tired all the time
- Sleeping too much or not enough
- Difficulty concentrating
- Not wanting to do anything
- Over/under eating
- Not liking yourself
- Missing school/work
- Not wanting to be around other people.



Treating Depression

MENTAL HEALTH THERAPY

Talking to someone can be very helpful, discussing your negative thoughts and feelings can be a place to learn healthy ways of coping.

MEDICATION

Sometimes medication can be useful. Depression can affect the way our brain works, medication can help fix that and make us happier.

IF YOU FEEL YOU MIGHT BE DEPRESSED, LET A PARENT OR TRUSTED OTHER KNOW. THEY WILL BE ABLE TO GET YOU THE HELP YOU NEED.

IF YOU EVER HAVE THOUGHTS OF WANTING TO HURT YOURSELF, TELL SOMEONE **IMMEDIATELY**. IF A FRIEND EVER TELLS YOU THEY MIGHT WANT TO HURT THEMSELVES TELL AN ADULT OR CALL 999 **IMMEDIATELY**.

SAMARITANS - 116 123