



Personal Development

Guide

Depression

Facts

Depression is when a person feels persistently sad for weeks or months, rather than just a few days.

Symptoms of depression in children include:

- Sadness, or a low mood that does not go away
- Being irritable or grumpy all the time
- Not being interested in things they used to enjoy
- Feeling tired and exhausted a lot of the time
- Having trouble sleeping or sleeping more than usual
- Not being able to concentrate
- Changes in eating habits
- Big changes in weight
- Talk about feeling guilty or worthless
- Having thoughts about suicide or self-harming

Things that increase the risk of depression in children can include; family difficulties, bullying, abuse, or a family history of mental health problems. Depression can also be triggered by a difficult event, such as parents separating, a bereavement, or problems with their peers.

For more information and advice, visit - <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-depressed-signs/>

Support Available

Local GP

NHS 111

Mind - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care/>

YoungMinds - 0808 802 5544

Samaritans - 116 123