

Depression

We can all have ups and down during our teenage years and sometimes feel upset or low. Sometimes feeling sad, lonely, down, anxious or stressed for longer periods of time that can affect everyday life and can stop us from doing things we would normally do. This is called depression.

Symptoms

- avoiding doing things that you have enjoyed before
- avoiding being sociable
- sleeping too much or not enough
- eating too much or not enough
- feeling upset, irritated, down or lonely
- being down on yourself
- feeling hopeless
- maybe wanting to hurt yourself
- having no energy, feeling tired

Three people in every class have problems like this at times, many experience depression, and adults experience it too.

Depression can be caused by a reaction to something in your life such as bullying, family difficulties or other stresses. Sometimes, there are other members of your family who have experienced depression which suggests your genes as well as experiences can play a part. You can help yourself if you are experiencing depression

- Talking – friend, teacher, counsellor
- Fresh air
- Exercise
- Activities you enjoy
- Eat regularly and sensibly
- Use a diary or journal

If you need more help check out our useful links or see your GP

