

Useful contacts

Mind

Provide information on mental health problems and where to get help.

Infoline: **0300 123 3393** (Mon-Fri, 9am-6pm)

Website: www.mind.org.uk

Campaign Against Living Miserably (CALM)

Offer support to men of any age who are depressed or in crisis, via a helpline, webchat and website.

Helpline: **0800 58 58 58**

(Every day, 5pm-midnight)

Website: www.thecalmzone.net

Samaritans

Provide confidential support for people experiencing feelings of distress or despair.

Helpline: **116 123** (Every day, 24 hours)

Website: www.samaritans.org

stem4

The Old Town Hall
4 Queens Road
Wimbledon
London SW19 8YA

e: info@stem4.org.uk

stem4.org.uk

Registered Charity Number 1144506



Depression



“ I never realised how common teenage depression was and have found the tips on how to manage a student who presents with depression in my class very helpful. ”

“ Everyone talks about self-harm and eating disorders and no one mentions depression which I have suffered from for the past two years. ”

“ The bad days are just that. Bad days. They pass, move on to the next person, because that's what depression does. It circulates around us like a black mist. You're not alone and trust me, I'm no expert – I'm 15 and my life hasn't even begun. ”

Depression

Key Facts:

Clinical Depression may feature:

- Consistent low mood
- Loss of interest
- Negative self-beliefs
- Changes in appetite, sleep and sexual interest
- Lower energy levels
- Withdrawing from friends and things you love doing

How do I know if I'm depressed?

- Do you **overthink things**, have **negative thoughts** and experience **repetitive thinking**?
- Are you experiencing **difficulties sleeping** or major changes to your **sleep habits**?
- Has your **appetite changed**, either going off your food or binge eating?
- Have you **lost interest** in things that you love?
- Are you **less active**?
- Are you feeling constantly **tearful or numb** and **distant from others**?
- Are you **hurting yourself**?

If you answered 'yes' to most of these questions we would recommend you see a mental health professional for their accurate assessment and diagnosis.

Why deal with depression?

Depression tends to affect mood negatively and this in turn makes it difficult to think positively or to behave in ways that help you to get the best out of life. Depression can affect your concentration and memory and this may affect your learning. It can make it hard to be sociable, often leading to loneliness. Depression can make it hard to keep trying and ultimately affects motivation and making change.

What can I try to do?

- Eat a balanced diet and eat regularly
- Get into healthy sleep patterns. This means sleeping at night for around 8 hours and avoiding catching up on lost sleep during the day
- Follow an exercise schedule – half an hour a day makes a difference
- Draw up an activity schedule of regular things to do every day
- Increase your social contact by planning to connect with at least one person a day
- Keep a mood diary – note down your negative thoughts to see if you might be able to check out if they are valid
- Talk to someone you trust such as a friend, family member or school staff member. Emotions don't work well when buried
- See a mental health professional by going through your GP as there are lots of very effective treatments
- Check recommended apps to help depression on NHS Choices



- Visit your GP by phoning your local practice and booking an appointment (check if you can book it with their mental health lead). Go ready to discuss your concerns and the problems you are experiencing. You can always take your mood diary with you in order to help this process or write down what you want to discuss. If you have a lot to discuss, book a double appointment
- Treatment often includes talking therapies that focus on thoughts and behaviours relating to depression, for example, a treatment called Cognitive Behavioural Therapy (CBT) and occasionally medication

Calm Harm

- If you self-harm, try the **stem4 Calm Harm app**. This is not a substitute for treatment but it can help to break the pattern whilst you wait for treatment or alongside treatment
- Calm Harm is the first clinician-developed app to help manage self-harm
- Calm Harm follows the principles of Dialectic Behaviour Therapy (DBT)
- It is FREE to download from Apple Store and Google Play

bb A brilliant little app. It's helping me battle my depression and self-harm urges... stay strong everyone who is battling depression. qq

bb Amazing. I have just started to use this app. So far it has been greatly helpful. I hope that one day it will allow me to break my everlasting depression. Props to the creator of this app. qq



CALMHARM