

Depression (parents and carers)

Depression is a mental health disorder that causes long term feelings of sadness which affects how a young person may think, feel, and behave.

What are the signs that my young person is depressed?

Every young person is different and they may show different signs, but here are some of the most common sign that a young person is experiencing depression;

- Low self-esteem
- Withdrawal
- Lack of interest in things they once enjoyed
- Hopelessness
- Academic success deterioration
- Drastic changes in eating habits (too little or too much)
- Feeling guilty and ashamed
- Lack of energy and motivation
- Fatigue and aches
- Thoughts of suicide

Why might my young one be depressed?

You may not always know the reason your young one feels this way, and sometimes they may not know themselves, but there are things that can influence these feeling's such as:

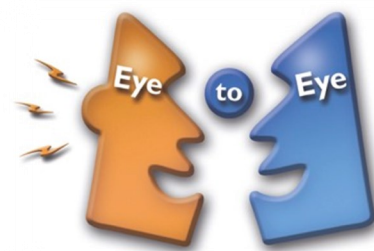
- Problems within the home
- Issues with education or work
- Bullying or discrimination
- Traumatic experiences
- Loss of a love one
- Relationships and friendship issues

How can I support them?

Sometimes it can be difficult to get young people to talk and allowing them privacy and space is important, but it is also important to let them know you are there.

Here are some tips on how you can further support them:

- Get them professional help such as visiting the GP or accessing counselling
- Show them that you care and provide emotional support
- Have an open and positive conversation with non-judgemental questions
- If they struggle talking in person try and talk through text (some teenagers find this easier)
- Encourage them to think about things they enjoying doing
- Help them do daily things that can support their wellbeing (e.g eating healthy meals, spending time with others or getting enough sleep)
- Reassure them that they will be okay and they can get through this
- Try not to fix things, sometimes they just want someone to be there and listen to help them through
- Be mindful of your own wellbeing and get support if needed, try not to blame yourself.



"Sometimes we all need someone to talk to"



Helpful Resources

[Young Minds: Depression and low mood](#)

[NHS: Depression in children and young people](#)

[Charlie Waller: Depression: Guide for parents](#)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Young Minds Parents Line

0808 802 5544

Email: parents@youngminds.org.uk

www.youngminds.org.uk (online chat)

Childline

0800 1111

www.childline.org.uk (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

