

# Depression

Experiencing low mood is common during teenager years but if you feel your low feelings aren't changing with time it could be that you are experiencing an episode of depression.

## What are the signs that I might be depressed?

- Avoiding friends, family and social interactions
- Problems with concentration and motivation
- Becoming angry or frustrated
- Feeling less confident than usual
- Being harsh on yourself
- Feeling tired or sleeping more or less than you normally would
- Change in your eating habits
- Feeling empty or numb
- Feeling lonely, tearful or hopeless
- Not looking after your personal hygiene
- Self-harming or thoughts of self-harm
- Experiencing suicidal thoughts

These feelings can seem overwhelming and can stop you doing the things you usually enjoy and impact on your day to day life.

## Why am I feeling depressed?

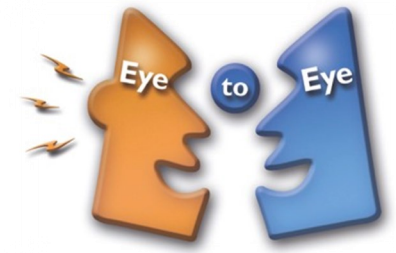
You may not always know the reason you feel this way, but there are things that can influence these feelings such as:

- Problems within the home
- Struggling with school, uni or work
- Bullying
- Traumatic experiences
- Loss of someone you love
- Relationships issues

## How can I help myself?

It is important that you seek help with these feelings, such as speak to a trusted adult/counsellor or visiting your GP, but there are things you can do to help yourself, such as:

- Keeping active and eating healthy
- Wellbeing and mindfulness apps (see resources)
- Journaling (writing down your thoughts)
- Creating a self-soothe box (see resources)



"Sometimes we all need someone to talk to"



### Helpful Resources

[Calm \(app\)](#)

[Headspace \(app\)](#)

[Journal Prompts for depression and anxiety](#)

[Young Minds: Depression](#)

[Young Minds: Making a self soothe box](#)

### Useful Contacts

#### Eye to Eye Counselling Service:

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

#### Childline

0800 1111

[www.childline.org.uk](http://www.childline.org.uk) (online chat available)

#### The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk) (online chat available)

#### Kooth

[www.koothplc.com](http://www.koothplc.com)

