

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



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)



Useful Contacts

Eye to Eye Counselling Service:
01443 202940
Email: info@eyetoeye.wales

The Mix
0808 808 4994
www.themix.org.uk (online chat available)

Childline
0800 1111
www.childline.org.uk (online chat available)

Helpful Resources

[Calm \(app\)](#)

[Headspace \(app\)](#)

[Journal Prompts for depression and anxiety](#)

[Young Minds: Depression](#)

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



Eye to Eye Counselling Service
Parish Hall, Main Road,
Llantwit Fardre
Pontypridd, CF38 1PY

Tel: 01443 202940
Email: info@eyetoeye.wales

Charity No. 1170631