



Depression

Symptoms

- low mood
- loss of interest/pleasure
- weight loss/gain
- sleep problems
- lack of energy
- feelings of guilt
- difficulty concentrating
- hopelessness
- suicidal thoughts

What causes depression?

There is no single cause. Lots of different factors have been suggested, such as:

- **social factors** - stress, adversity
- **psychological factors** - distorted negative thoughts and beliefs
- **biological factors** - family history, chemical imbalances

Myth Busters



"Depressed people are lazy"



"Young people have nothing to be depressed about. You're just sad."



"Depression is a sign of weakness."



Depression is real and can impact anyone, regardless of age, gender, race, etc. It's treatable and not a sign of weakness

The symptoms of depression may feel different over different stages of life

Children may experience it as:

- headaches, tummy aches
- unable to concentrate in school
- irritable
- fatigue, sleep/appetite changes

Teenagers might experience:

- social isolation
- self-harm
- decreased academic performance

Young Adults might experience:

- self-neglect
- suicidal thoughts
- bodily aches/pains
- loss of motivation

Depression varies a lot between people, from differences in symptoms to response to treatment. Just because your symptoms may not match someone else's or the list above, does not make your experience any less valid.

Tips for living with depression

- Talk to someone you trust
- If you would like to find out more about depression, you can visit:
 - YoungMinds.org.uk
 - MentallyHealthySchools.org.uk
- Speak to a health care professional. They can offer you the best treatment to suit you, such as: talking therapies and/or medication