

DEPRESSION



WHAT IS DEPRESSION?



Depression is when sadness and low mood does not go away, it can feel like a dark cloud is hanging over you all the time and it can feel like you are being flooded with a lot of emotions at the same time. It can make each day very difficult. Getting up, going to school, or doing tasks can seem hard to do. It can be difficult to take part in activities you used to enjoy. You might feel completely alone.

WHAT ARE THE SYMPTOMS?

How you feel can vary in strength. Common examples are:

- Sadness
- Anger
- Low Mood
- Teary
- Worried
- Low Confidence/ Low Self-Worth
- Isolated
- Alone
- Feeling Numb



HOW MIGHT I REACT?

Depression affects people in many different ways such as:

- Hard to Concentrate
- Lose Interest in Activities
- Not wanting to spend time with Family/Friends
- Become more negative/critical
- Stop caring for myself
- Becoming Stressed or Anxious
- Feeling like it is hard work to do or achieve things



Big reactions can sometimes lead to people not being able to do simple tasks or feel like they do not want to be alive.

REMEMBER...

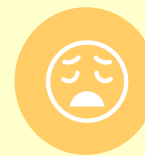
Experiencing emotions is part of everyday life. No two days are the same and we can experience many different emotions throughout one single day. These can range from happiness and excitement to sadness and anger with many different emotions in-between. At times when our mood is low then we may feel that we have less energy or motivation to do things, this could be a response to what is happening in your life. These feelings can pass through time, support or doing activities you enjoy.



PHYSICAL SYMPTOMS OF DEPRESSION



Constant Tiredness



Sleeping Badly



Aches and Pains



Loss or Increase in Appetite

WHAT CAN HELP?



1. **BE KIND AND PATIENT WITH YOURSELF** - These feelings can go away and getting some support can help. Take things slowly, you want to avoid doing too much too soon. It can often lead to you feeling worse.
2. **IT IS GOOD TO SHARE** - It can be difficult to share how you feel but there are people who want to support you. Make some time to talk with a trusted family member, carer, pupil support teacher, or friend and share how you feel. There is no time limit, if you cannot talk today, you can try again another day.
3. **CREATE A SUPPORT BUBBLE** - Create a support bubble of people you trust who can be there for you in different ways from someone you can talk with to a friend who can make you laugh/have fun with.
4. **WRITE /DRAW ABOUT YOUR THOUGHTS AND FEELINGS** - When you feel strong emotions, it is sometimes useful to get your feelings down on paper or create a plan for you to follow when you are struggling.
5. **BREAK THINGS DOWN** - Break each day down to bite sized pieces and explore what works for you to help in managing your emotions and symptoms.

IDEAS TO SUPPORT MY WELLBEING

Some examples could be:

- Listen to Music
- Watch a Movie
- Draw/ Mindfulness Colouring In
- Play Games
- Catch up with Friends/ Family
- Talk to Friends/ Family
- Going for a Walk
- Chilling Out in the Bath

CAN YOU THINK OF ANYMORE?

The Miracle Foundation SCIO are a bereavement and trauma organisation for Children and Young People between the age of 4 and 19 years old.

We have a great team of counsellors and art therapists that can help you deal with the thoughts and feelings you are experiencing. We will help you develop healthy techniques to deal with your emotions, build on your emotional strength and provide you with a hope for the future. We are here to support and help you when you are struggling during difficult times.

IF YOU NEED HELP/SUPPORT STRAIGHT AWAY, YOU CAN CALL 999 OR GO STRAIGHT TO MY NEAREST ACCIDENT AND EMERGENCY DEPT IF YOU CAN GET THERE SAFELY.

REACHING OUT FOR HELP!

It is important to remember you are not alone. There is no shame with reaching out for help! Professional Help can be:

- Having a chat with your GP
- Counselling
- Talking with your Pupil Support Teacher

Depression is treatable, you will not feel like this forever, reach out for the support you deserve.

USEFUL CONTACTS

If someone is at risk of coming to harm, the services would need to get in touch with emergency services or appropriate authorities.

CHILDLINE

A confidential service, operating times can be found on the website.

TEL: 08001111

ONLINE COUNSELLING: 1-2-1 chat

SHOUT

A free confidential and anonymous service available 24/7.

TEXT: 85258

SAMARITANS

Whatever you are going through, Samaritans can be called at any time, from any phone for free.

TEL: 116 123

BREATHING SPACE

A free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression, or anxiety.



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