

Advice for parents, carers and guardians

- Try to always talk to your young person
- Encourage healthy eating and regular physical activity.
- find common ground, find an activity you both enjoy, spend positive time together.
- Learn about depression, this can help yourself and your young person cope.
- Trust your instinct if you think something isn't right.
- Seek professional help when symptoms worsen, do not ignore the symptoms.
- avoid social isolation: encourage your young person to create strong social links
- Listen and understand. Ensure to provide a support system of care, love and understanding within your family, this can help your young person trust

(National Centre for Mental Health, 2014)

(Young Minds, N/D, 2)

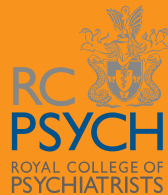
REMEMBER:

Do not let your own mental health slip, while caring for another's. Although it is important to be there and support your child, or a young person with a mental health issue, it is key to look after your own all the while.

Coping with everything alone can cause unneeded stress. Seek support when needed for your young person and yourself.

(Action Mental Health, N/D)

Help Support and Advice



Royal College of Psychiatrists:
<https://www.rcpsych.ac.uk/>
(image 7)



National Centre of mental Health:
<https://www.ncmh.info/>
(Image 8)



Action Mental Health:
<https://www.amh.org.uk/>
(image 9)



Young Minds:
<https://youngminds.org.uk/>
(image 10)



Mind:
<https://www.mind.org.uk/>
(image 11)

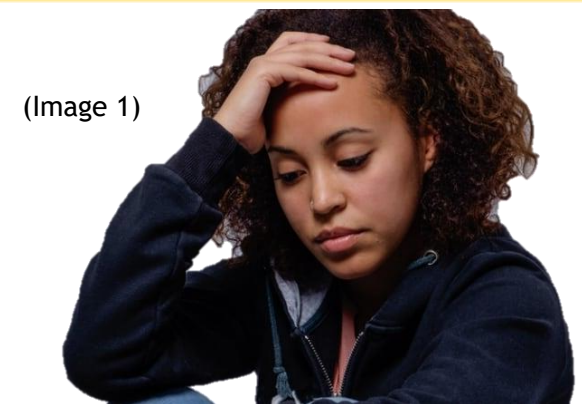


Mental Health UK:
<https://www.mentalhealth-uk.org/>
(image 12)

Student number: 1801507
Module code: SJSS4003

Coping with depression in young people:

A guide for young people, and their parents or carers



(Image 1)

What is Depression?

- Approximately 1-3% of young people are affected by depression
- long term or very regular feelings of sadness.
- These feelings can become so regular and powerful that they can interfere with your whole life.
- Some young people with depression can go on to develop self-harming tendencies

(Royal college of psychiatrists, 2017)

Symptoms of depression

Look out for symptoms such as:

Avoiding social situations, or socially isolating yourself.

Not wanting to participate in activities or things you previously found pleasure or enjoyment in

Feeling more tired than usual

Change in eating patterns

Feelings of upset, despair or loneliness

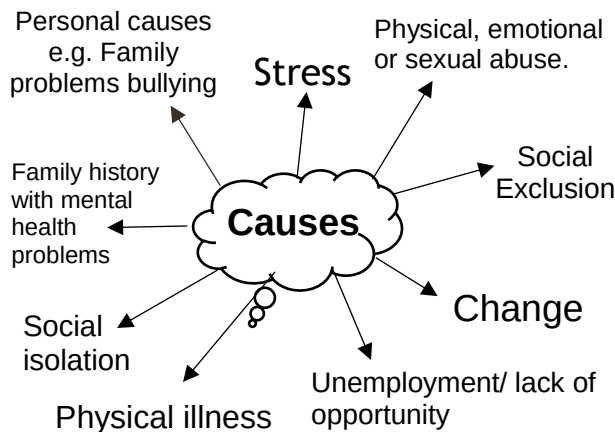
Difficulty with concentration

(National Centre for Mental Health, 2014)

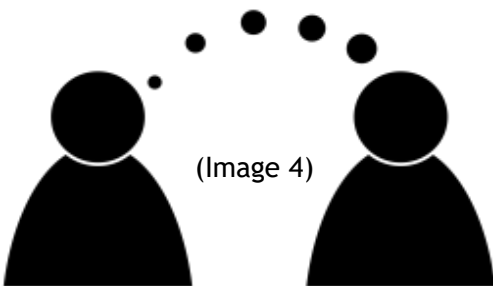
(Royal college of psychiatrists, 2017)

REMEMBER:

These symptoms do not always mean you are depressed **AND** depression displays itself in different ways for everyone



(NHS, 2017, 1)
(Thorn et al., 2017)
(Royal college of psychiatrists, 2017)



(Image 4)

What to do when your suffering with depression?

When suffering with depression it's important to talk. Try to talk to someone you trust, even though this may be difficult, it is essential

Try to take part in physical activity, even if this is as basic as going for a walk

(image 3)

participate in enjoyable activities

(Action Mental Health, N/D)

(National centre for mental health, 2014)



Seeking medical advice and medication

Sometimes, medical advice is required and visiting your GP or seeking advice from voluntary groups can feel like a weight lifted off your shoulders.

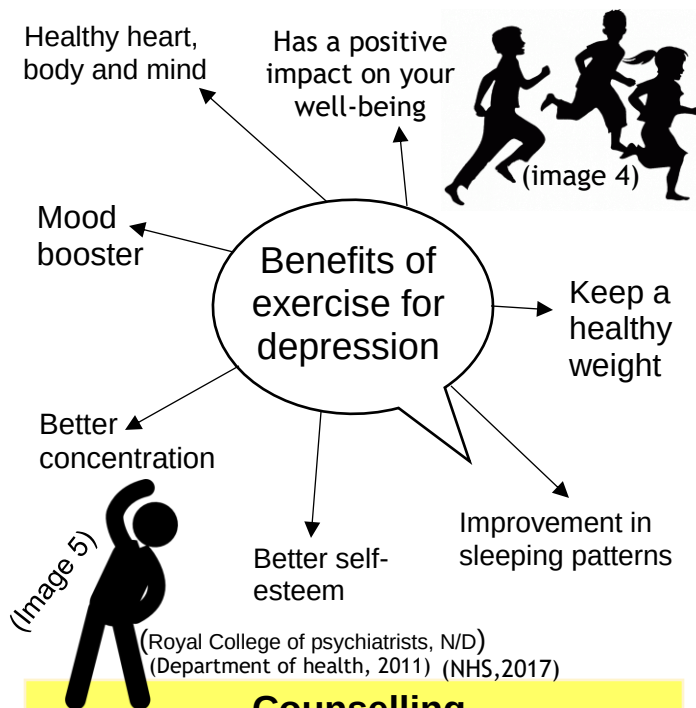
Anti-depressant medication is available for treatment of depression, but only by prescription by a doctor or a psychiatrist. However anti-depressants aren't for everyone.

Children and Adolescent Mental Health services are available, to work together with families to find the right support for mental health problems.

Social prescribing is prescription of non-medical sources of support such as exercise. Doctors can often use social prescription for treatment of mental health issues such as depression.

(NHS, 2017, 2) (CAHMS, 2017)
(National Centre for Mental Health, 2014)

(image 2)



(Image 5)

(Royal College of psychiatrists, N/D)
(Department of health, 2011) (NHS, 2017)

Counselling

Counselling can be recommended and prescribed for young people by doctors as treatment for their depression, before prescription of medication. This gives young people the opportunity to talk about how they are feeling.

There are different types of counselling:

Cognitive behavioural therapy is an approach which helps and encourages young people to have a more positive outlook on life

Mindfulness: helping young people to understand and overcome negative thoughts and feelings.

Psychotherapy: a more long-term approach, exploring events from the past, and their effect

Family therapy: therapists working with a family in order to explore problems and look for solutions.

(Young Minds, N/D,1)



(image 5)

