

Statistics of depression

- 16% of young people aged 16-24 met criteria for diagnosis with common mental health conditions such as depression (Centre for Mental Health, 2016).
- 13% of 16-24 year old men reported suicidal thoughts
- 22% of 16-24 year old women reported suicidal thoughts. (Centre for Mental Health, 2016).
- A third of young people not in education, employment or training had suffered from depression in 2014 (Centre for mental health, 2016).
- Teenagers and young adults are most likely to experience mental health problems but least likely to recognize that they have an illness, that would benefit from treatment (Centre for Mental Health, 2016).
- Suicide is the third most common cause of death for people aged 15– 24 (Centre for discovery, 2016).
- 20% of all teens experience depression before adulthood (Center for discovery, 2016).
- 75% of mental health problems are established by the age of 24 (mental health foundation, 2019).
- Suicide is the second leading cause of death in the world for 15-24 year olds (save, 2019).

(Image 2)



Know your rights!

Mental health Act 2007:

This law states how a person with mental health should be treated and includes your rights, when you can be given treatment with or without consent, when you can be taken to hospital even if you don't want to, your views on your care and treatment and what you have said about this care and treatment in the past. This act is there to make sure you are treated as best as you can be and can receive treatment as long as it is needed (Scottish Executive, 2007).

Children and Social Work Act 2017:

This act is put in place to make sure local authorities working with children act in their best interest to promote their physical and mental health and well-being by taking into account your views and wishes and helping you to gain access to the best services provided. Local authorities also have to prepare you for adulthood by offering services relating to health, well-being, relationships, education and accommodation and puts in place a personal advisor until you reach the age of 25 (Ali, 2017).

Social Services and Wellbeing Act (Wales) 2014:

Provides legal framework for improving the wellbeing of people who need care/support. Makes local authorities think about your culture, beliefs, language. Gives you more say and control and lets you complain about the care you receive (Gov Wales, 2014).

Well Being of Future Generations (Wales) Act 2015 :

This act aims to improve the wellbeing of Wales by aiming for a society in which people's physical and mental wellbeing is maximised and that choices and behaviours that benefit future health are understood (legislation, n.d).

Do you suffer with Depression?



(Image 1).

What is depression?

- Depression is more than feeling fed up or unhappy for a few days. It is common to have times when you feel down, but when you are depressed you constantly feel sad for weeks or months rather than a few days (NHS, 2016).
- Some people believe depression is not very important but they are wrong, depression is a real illness with real symptoms (NHS, 2016)!
- Depression is not a sign of weakness and you can not just "snap out" of it.
- Most people with depression who have the right treatment and support make a full recovery from it (NHS, 2016).
- Depression is one of the most common mental illnesses.
- Depression is a mood disorder that can be a result from bullying, family breakdown or even run in families (Young minds, 2019).

Symptoms of depression

Depression affects people in different ways and can cause many symptoms such as:

- Feelings of loneliness and unhappiness (NHS, 2016).
- Losing interest in things you used to like.
- Feeling tearful (NHS, 2016).
- Constantly feeling irritable, sad or angry (Help guide, 2019).
- Feeling bad about yourself (Help guide, 2019).
- Being self critical.
- Avoiding friends (Young minds, 2019).
- Physical symptoms include:
 - Constant tiredness and sleeping badly (NHS, 2016).
 - No appetite or sex drive.
 - Depression can also make you feel suicidal and that life is not worth living (NHS, 2016).

(Image 3).



What to do if you think you have depression

- Talk to someone you trust, e.g. parent, teacher, friend or even a stranger.
- Visit your GP surgery (NHS, 2016).
- Try not to isolate yourself (Help guide, 2019).
- Adopt health habits such as physical activity.
- Avoid alcohol and drugs as these can make depression worse in the long run (Help guide, 2019).
- Manage stress and anxiety as these can go hand in hand with depression. Some tips include (Help guide, 2019).
- If you're stressed about exams, speak to your parent or teacher.
- If your stress is about a health concern that you can't talk to your parents about such as a pregnancy scare or drug problem, seek medical advice at a clinic or doctors (Help guide, 2019).
- If you're struggling to fit in, with a relationship or family problems speak to a teacher, friend or doctor. (Help guide, 2019).

If you feel like you can not trust or talk to anyone or you are having suicidal thoughts please call or text one of the numbers at

Contact information.

- **Childline**—freephone 0800 1111 or online at: www.childline.org.uk
24 hour support for children/young people (Mind, 2013). Confidential and you do not have to give your name (Childline, n.d). also this number will not show on your phone bill (NHS, 2019).
- **Papyrus** - 0800 4141 or email papyrus-org.uk
Provides information and support for under 30's who are struggling with suicidal thoughts (Mind, 2013). Also confidential (Papyrus, 2019).
- **The Mix**
Provides online emotional support for 16-24 year olds 24 hours a day via there moderated discussion board or live chat (Mind, 2013).
- **Samaritans**. 24hours
freephone: 116 123 (NHS, 2019)
Provides emotional support for anyone who is down or in distress and struggling to cope (Mind, 2013).
- **Young Minds**. 24/7 support across UK.
For any young person in crisis.
Text: 85258 (Young minds, 2019).