

Rationale for Depression in Young people leaflet:

For the purpose of this leaflet, ‘young people’ means an age range of approximately eleven to nineteen. Mental health in young people is an issue which must be addressed, and one in which people should be more aware. Maslow’s hierarchy of needs theory suggests good self-esteem levels are necessary for a satisfactory running of one’s life. If esteem levels are low, this can cause depression (Maslow, 1943).

Welsh government have revealed that ameliorating the mental health of young people and children is of crucial importance. (Welsh Government, 2016, pg. 4). Depression is one of the most common mental health issues in the United Kingdom, with 7.8% of people meeting criteria (Mental Health Foundation, N/D). the National Health Service (NHS) (2018) reporting approximately one in four young people will have experienced depression by the age of just nineteen. This highlights the fact that awareness needs to be raised. Therefore, depression in young people was chosen as the focus of this leaflet.

Another reason for producing leaflets of this nature is to provide information for young people suffering with depression, and for their parents or guardians to feel confident enough to understand and come to terms with the mental health problems in which their children or young people are experiencing and gaining the confidence along with their understanding to access the appropriate services when needed (NHS, 2003).

In January 2019, Health Minister of Wales Vaughn Gethin announced that a huge sum of seven million pounds is to be added to the support of mental health problems of children and young people in Wales. The fact government are adding extra funding to this cause highlights just how much of an issue, mental health is becoming for the younger generations. The funding will help to strengthen and improve mental health and wellbeing services in comprehensive and primary schools, and to child and adolescent mental health services, or more commonly referred to as CAHMS. This information reinforces and heightens the reasons producing information leaflets surrounding this topic are essential (Welsh Government, 2019).

Depression in young people is also a high-risk factor which can lead to suicide or suicidal thoughts. Suicide is the second biggest cause of death involving adolescents and young adults. Depression in adolescents is often a result of feelings of self-doubt, low self-esteem, anxiety surrounding what the future holds, pressure surrounding educational attainment, and pressure to succeed. (American Academy of Child and Adolescent psychology, 2017).

The Mental health of not only young people, but everyone in the UK is governed by the Mental Health Act (1983) and the Mental Health Act (2007). These acts make it a legal right for those suffering with mental health issues to access medical advice and services. The Mental Health Act 2007, when appropriate can be applied to children and young people, this suggests again that mental health problems including depression are affecting young people and awareness should be raised and therefore the reasoning behind this information and help leaflet (Legislation.gov, 2007).

According to the NHS (2018), acknowledging and addressing depression in a young person, or in yourself as a young person as early as possible is essential to seeking the advice or help needed in order to move forward (Brain & Spine, 2017). Welsh Government (2016) have also stated that addressing symptoms of ill mental health as early as possible can eliminate the possibility of further mental health problems, later in life, and it can impact positively on a range of aspects of a young person's life such as attainment in school, and social and personal development (Welsh Government, 2016, pg.4). Therefore, including a symptoms section in this leaflet seemed appropriate, as this could be the knowledge the target audience is looking for, to direct them to address help (NHS, 2018).

Following on from this, the decision was made for the next section in the leaflet to surround the causes of depression in young people, as after recognising the symptoms, a young person with or without a parent or guardian may be able to explore the reasoning behind their link with depression. It became apparent the most sufficient way of presenting the causes of depression in young people would be via a mind map. Mind maps are effective because the message you are trying to get across can be displayed with clarity. This transparency allows the reader to understand, and engage with the information. This method also keeps the information focused (Gooding, 2016).

A section surrounding the idea of counselling as a form of resilience against depression for young people seemed appropriate to include, because when used effectively, young people can explore a range of issues which may be causing their depression, in confidence with a professional, who can then address their needs, going forward, in tackling their depression. £13 million in funding has been granted to funding School based counselling services under the School Standards and Organisation (Wales) Act 2013, which can help address issues of depression in young people earlier on and may cut out having to go to clinics or hospitals, which may be an uncomfortable position for the young person with depression (Welsh

Government, 2016, pg. 3&6). Counselling can also have a great impact on those young people whose depression has developed from social isolation, or those who have developed social isolation due to their depression. This is because it give a young person the chance to speak face to face with a another person, which can help redevelop your social skills, and furthermore encourage you to build more positive social links, which in turn can help with depression and social isolation (Charles, N/D).

Regular physical activity can also have an immensely positive effect on the physical and mental wellbeing of young people with depression. Exercise is a practical self help method for young people looking to help themselves to treat their depression (NHS, 2018), for this reason, exercise was included in the leaflet, as young people after reading the leaflet, can be directed to non-medical methods of coping with their depression.

Clip art images were used throughout the leaflet, this is because they are age appropriate to younger audiences, and can enforce your message in image form, which may be more accessible for younger audiences (Coyne and Carter, 2018)

In some cases, unless a parent or carer pushes for help for a young person with depression, the young person will not seek advice or help. For this reason, a section aimed specifically to parents and carers was included in this leaflet. This gives parents and carers the access to information they can use to make an impact or a referral. Parents and carers also play a significant role in recognising symptoms of depression in young people. (NHS, 2018 and Royal College of Psychiatrists, N/D)

Lastly A page of further sources of information was used to conclude the leaflet, as it seemed although a great deal of information can be conveyed through a leaflet, there is always more one can know, and knowing where to access this information is important, and providing it in the leaflet guides your audience to where they need to be.

A tri fold design has been used for this leaflet. There are many benefits of using this design method, such as the fact that trifold leaflets can pack a great deal of information into a compact way, using a single piece of, A4. The trifold property of the leaflet gives the advantage of a template for smaller pieces of information to be presented with more focus and emphasis. With this information being presented in a compact way, the target audience can take the leaflet away with them after reading, as it is small enough to put in a handbag or pocket. This means your reader has a chance to access this information presented in the leaflet, more than once (McIntyre, 2017)

The colour yellow is said to be an attention-grabbing colour so was useful for this project. However, the chosen colour scheme of oranges and yellows was used as they are said to be uplifting, anti-depressive colours, with underlying effects of optimism and comfort. This may have a positive effect on those readers with depression (Changing Minds, ND).

Arial was chosen as the core font for the leaflet, this font is widely accessible and is effective due to its ability to display information with clarity and legibility, to those suffering with depression, as it is more easier to read and be understood. (NHS, N/D).

Patients or target audiences should have access to the information they require, produced in accessible language. This knowledge empowers the reader to understand what they know about depression, and what they need to know moving forward (Colledge *et al.* 2008). This is why everyday language was used throughout the leaflet, because complicated or more academic language can be less accessible and can intimidate some readers. Many readers are not particularly health literate and the use of medical terms can be again, intimidating.

The information in the leaflet is displayed in small chunks and mind maps with clear and concise headings, to direct the reader to what it is they are reading about. Each specific idea or topic has been limited to separated boxes or sections, to improve clarity and digestion of information, especially for younger readers. (NHS, 2003, Pg. 6). ‘REMEMBER’ boxes were used in this leaflet to provide important and essential information, using a key word to draw the readers attention to the information.

To conclude, the information used in this leaflet was included with the intention of providing information for young people suffering with depression and their parents and carers because of the growing issue of depression in young people, which is happening on a day to day basis, (NHS, 2018) including how to recognise symptoms, why one may experiencing depression and what can be done moving forward, with the purpose of expanding knowledge, understanding and awareness of depression in young people.

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(for both leaflet and rationale)

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