Teenage Depression
How do you feel?
Why do we get depressed?

Depression is a real illness, it is a chemical imbalance in the brain.

1 in 10 teenagers suffer from it and find they are so worried, stressed or angry that they want extra help.

As serious as it is, depression is curable. Depression can happen to anyone. It does not mean that you are a social misfit.

Depression can be caused by:

- Moving country, house or starting a new school.
- Death of a family member or friend.
- Relationships problems.
- Your social life.
- Feelings of uncertainty around your sexuality.
- Money issues.
- Pressure from school or exam stress.
- Bullying.
- Parents divorcing or step parents.
  - Self appearance or esteem.
  - A serious illness.
  - Skin problems and acne.
  - Peer pressure or parent pressure.
What are the signs of depression?

- Lack of concentration.
- Boredom.
- Mood swings.
- Quiet and introvert.
- Not taking care of appearance.
- Loss or increase to appetite.
- Irregular sleeping patterns.
- Lack of sexual interest.
- Angry or possibly aggressive.
- Always tearful and emotional.
- Low self-esteem.
- Panic attacks—cold sweats, feeling faint, black-outs, feeling sick.
- Stomach ache, headaches, poor memory.
- In extreme cases, thoughts of suicide.
Ways to help yourself

We sometimes all have trouble coping with our feelings and we need to be able to deal with them in positive ways that help us to get back on track.

- Keep your mind busy. Do exercise, join a gym or go for a swim, it will cheer you up.
- Before going to bed try a relaxing herbal tea or a hot milky drink to wind down, for a restful sleep.
- Sorry, but alcohol will exaggerate your mood. If you are feeling down it will only make you feel worse.
- Make sure you have a well balanced diet. This will improve your energy (and skin).
- Use aromatherapy oils such as lavender, rose, ylang ylang and clary sage.
- Try eating turkey, bananas, nuts and drinking milk as these contain tryptophan that can uplift your mood.
- Consult your doctor for advice on available therapies or medication.
Teenage Depression

"Young men are allowed to feel emotional pain too!"

"If it was that easy to pull yourself together, surely you would have done it by now"
Six famous men and women who have suffered from depression

**Women**
- Princess Diana
- JK Rowling
- Kerry Katona
- Marilyn Monroe
- Sophie Anderton
- Sinhead O’Connor

**Men**
- Russell Brand
- Ozzy Osbourne
- Jim Carey
- Paul ‘Gazza’ Gascoigne
- Colin Farrell
- Frank Bruno

**Do something about it**

Don’t suffer in silence, talking to someone really helps.

- **YoungMinds**
  - Website: www.youngminds.org.uk
  - Tel: 0207 336 8445

- **YoungMinds Parents Helpline**
  - Tel: 0800 802 5544

- **Childline**
  - Website: www.childline.org.uk
  - Tel: 0800 1111

- **Youth2Youth**
  - Website: www.youth2youth.co.uk
  - Tel: 020 8806 3675

- **Youth Access**
  - Website: www.youthaccess.org.uk
  - Tel: 0208 772 9900

- **The Samaritans**
  - Website: www.samaritans.org.uk
  - Tel: 08457 909090

- **NHS Direct**
  - Website: www.nhsdirect.nhs.uk
  - Tel: 0845 4647

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