TEENAGE DEPRESSION

How do YOU feel?
WHY DO WE GET DEPRESSED?

Depression is a real illness, it is a chemical imbalance in the brain. 10 to 20 percent of teenagers suffer from it. 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/exam stress
- Bullying
- Parents divorcing/step parents
- Self appearance/esteem
- A serious illness
- Skin problems and acne
- Peer pressure/Parent Pressure

“If it was that easy to pull yourself together, surely you would have done it by now”
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
- 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

Well known people who suffer/suffered from depression:

John Cleese – Spike Milligan
Winston Churchill – Vincent Van Gogh
Bill Treacher (Arthur Fowler, Eastenders)
LITTLE WAYS TO HELP YOURSELF

- 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

“Men are allowed to feel emotional pain too!”
DO SOMETHING ABOUT IT

- NHS DIRECT
  www.nhsdirect.nhs.uk
  Tel: 0845 4647

- CHILDLINE
  www.childline.org.uk
  Tel: 0800 111

- YOUNG MINDS
  www.youngminds.org.uk
  Tel: 0207 3368445

- TRUST FOR THE STUDY OF ADOLESCENCE
  www.tsa.uk.com
  Tel: 01273 693311

- THE ANTI BULLYING CAMPAIGN
  www.bullying.co.uk
  Tel: 02073 781446

- SAMARITANS
  www.samaritans.org.uk
  Tel: 08457 909090

- DEPRESSIVE ANONYMOUS
  Tel: 01702 433838

Produced with kind permission from Chloe Fletcher, author of this leaflet.