



Questions you may find helpful to ask about depression

It might be helpful to take this leaflet with you when you go to see someone about your depression.

- ✓ Why do I feel this way?
- ✓ What makes you think I have depression?
- ✓ How will depression affect my health or schoolwork?
- ✓ Can you give me advice on how to help other people understand what it is like to have depression?

Questions you may like to ask about treatment

- ✓ What treatment will I need?
- ✓ How long will I need treatment for?
- ✓ Do you think I will have any problems with this treatment?
- ✓ If so, what should I do if this happens?
- ✓ Can you provide information about the treatment for me and my family?
- ✓ Can I make my own decisions about treatment?

To download copies of this leaflet, please look online at either:

www.youngminds.org.uk/depression/treatment.php or:
www.nccmh.org.uk

To order more printed copies, please email:
depression@cru.rcpsych.ac.uk

Other information

YoungMinds is the national charity committed to improving the mental health of all children and young people. You can visit the website at www.youngminds.org.uk for information.

ChildLine

Freepost NATN1111

London E1 6BR

Freephone: 0800 1111 (24 hours)

Textphone: 0800 400 222 (Mon-Fri 9.30am-9.30pm.

Weekends 9.30am-8pm)

www.childline.org.uk

ChildLine is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child with any problem. It comforts, advises and protects.

Get Connected

Freephone: 0808 808 4994 (7 days a week 1-11pm)

Email: help@getconnected.org.uk

www.getconnected.org.uk

This is a free confidential telephone and email helpline which finds young people the best help whatever the problem. It provides free connections to local or national services, and can text information to callers' mobile phones.

Youth Access

Signposting Service: 020 8772 9900

(Mon-Fri 9am-1pm and 2-5pm)

Email: admin@youthaccess.org.uk

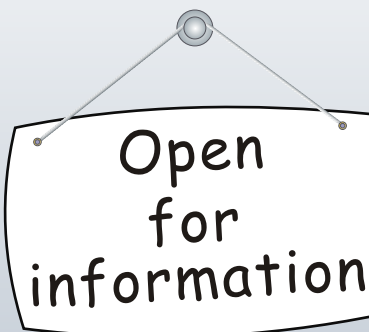
www.youthaccess.org.uk

A national membership organisation for youth information, advice and counselling agencies.

Provides information on youth agencies to children aged 11-25 and their carers but does not provide direct advice.

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Understanding Depression



A guide for young people aged 11-18 Based on the NICE guideline

Written by the National Collaborating Centre for Mental Health in partnership with YoungMinds and



What is this leaflet about?

This leaflet explains advice from NICE (the National Institute for Health and Clinical Excellence) on the treatment of depression in young people. The advice aims to improve the care people receive by giving guidance to doctors, nurses and other healthcare professionals in the National Health Service (NHS) across England and Wales.

You can see this information in a booklet written for young people online at www.nice.org.uk/cg028 or order a copy by phoning 08701555 455 and quoting N0911.

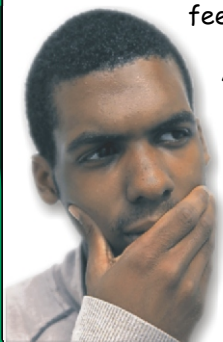


What is depression?

When a person has depression they feel very sad or down, and the feelings don't go away and sometimes they get worse.

Depression is different from feeling a bit sad or down for a day or two, which is how everyone feels from time to time. A person may be depressed because they are very worried or stressed about something, or the feelings might just come out of the blue.

As well as making a person feel sad, depression can make other problems worse: because they feel depressed, people may not feel like doing the things they usually enjoy or they may not feel like doing anything.



What should I do if I think I have depression?

It is best to talk to your parents and friends first if you can, or you can talk to a teacher at school, your family doctor, or another adult you can trust.

If the feelings do not go away you should be offered more help if you need it.

You can receive treatment for depression from your family doctor, or a school nurse, but if you need further treatment you can see someone (usually at a clinic or a hospital) who is specially trained to help people of your age group with depression.

What should happen when I first see a healthcare professional?

When you first see someone about your feelings, they will want to know about:

- ▶ how you feel
- ▶ any other illnesses you may have
- ▶ life at home and at school
- ▶ how you get along with your parents, other members of your family, friends and people at school.

They should ask you and your family if you have problems with drugs or alcohol, if you are being bullied or abused, if you are harming yourself, and if you have had thoughts about suicide.

They should also give you good information about depression and the treatments and care that you should be offered.



What treatments are best for me?

If you have mild depression you should be offered the chance to talk to someone about your feelings and problems. This is called psychological treatment or therapy (you may hear it called 'counselling').

If the therapy works it should last for 2 to 3 months. People with mild depression shouldn't be offered medicine straight away.

If you have a more severe type of depression then there are other types of therapy that should be offered. You may be offered medicine (an antidepressant called fluoxetine) but this should only be in addition to psychological therapy. More information on these therapies can be found in the full booklet on the NICE guideline.

You can usually choose what treatments you get. But this does depend on your age and whether or not you fully understand all the information that your healthcare professional should give you about the treatments.

Is there anything I can do to help myself?

There are things that you can do for yourself, which a doctor, nurse or therapist may help you with. These include the following.

▶ Regular exercise

You can do this on your own, or your healthcare professional may make suggestions (e.g. doing an hour of exercise, three times a week for 3 months).

▶ Having a balanced diet

Your healthcare professional should talk to you about what foods are good for you and how to make sure you are getting the right variety in your diet.

▶ Coping with sleep problems and anxious feelings

If you are anxious and worried or you have trouble sleeping, tell your healthcare professional so that they can help you with this.