



# Coping with Depression

Depression is a feeling of low mood which lasts longer than a few months. It usually presents as a feeling of hopelessness, lack of interest and motivation and general feelings of sadness.

Depression can be triggered by many things eg bullying, family breakdown, abuse or it can run in families. Very often depression develops alongside anxiety.



# Symptoms of Depression

Depression is more than just feeling sad, it can feel like a heavy weight inside you that sometimes is so overwhelming it impacts upon your day to day life.

## Signs of depression

When you are depressed you may feel overwhelming sadness, a sense of loss, hopelessness, or you may even feel completely numb



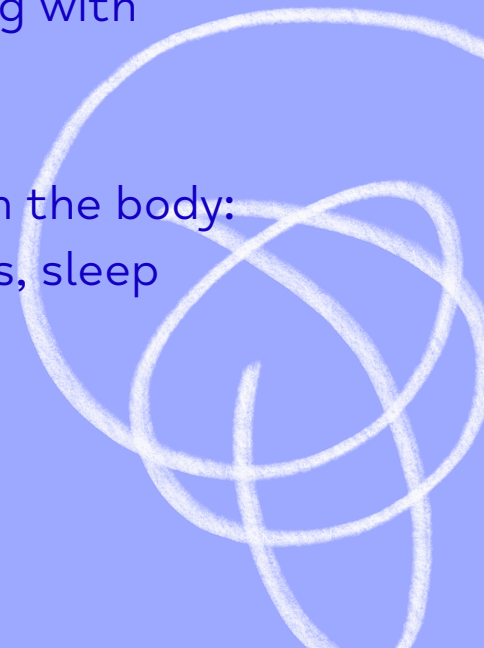
Depression can cause you to think negative thoughts, be overly critical of yourself, blame yourself and you may even experience suicidal thoughts.

## Behaviour changes

Someone who is struggling with depression may show a lack of interest or motivation especially in things they were previously interested in.

They may become withdrawn, stop interacting with friends and isolate themselves.

Depression can also cause physical changes in the body:  
- extreme tiredness, lethargy, aches and pains, sleep disturbances.





# Where to go for help

If you are struggling with depression, it is important to seek help. Talking to someone is the first step towards managing your anxiety.

You could try talking to your family, friends, GP, a school counsellor, teachers or you could get in touch with any of the organisations below:

- CAMHS (Children & Adolescent Mental health Service)  
[www.oxfordhealth.nhs.uk/camhs/](http://www.oxfordhealth.nhs.uk/camhs/)  
01865 901951
- Kooth  
[www.kooth.com](http://www.kooth.com)
- Young Minds  
[www.youngminds.org.uk](http://www.youngminds.org.uk)