

How to support a child with

MANAGING DEPRESSION

Useful Apps:

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.



Daylio

Displays your moods in a diary which allows you to log, track and reflect on which moods you are experiencing the most and why.



**Catch it, check it,
change it!**

Record your mood and reflect on what impacts it. See your mood in diary format.



WHAT IS IT?

Depression is a word that we often use to describe feelings of sadness, frustration (when things don't go right for us), disappointment and lethargy. It is normal and healthy to have these feelings, as they are part of a spectrum of normal mental health that we all experience.

We can sometimes experience these feelings more than once in a day. Usually, these feelings are fleeting, but could last for several days.

These episodes of feeling low are different from depression that requires clinical intervention.

It is helpful to know:

- Major depression is more intense.
- Major depression lasts longer than a week or two.
- Major depression significantly interferes with normal daily functioning.

Depression is caused by a combination of factors that interact with each other.

Mental health and wellbeing cards

<https://hampshirecamhs.nhs.uk>

BIOLOGY AND PSYCHOLOGY

Biological factors include genes (our genetic make up), hormones (different stages of life can make our hormones feel like a roller coaster) and brain chemicals (these can disturb sleep patterns, appetite energy levels).

Psychological factors include unhelpful thinking patterns (focusing on the negative), loss and bereavement, feeling a sense of failure

(putting too much pressure on getting grade A in exams for example) and stress (change in family circumstances, change in life circumstances etc).

We cannot control all these factors, but there are things we can do to try and help us manage our feelings and try to prevent them from getting worse.

Symptoms of low mood and depression can change our daily routines and behaviour such as not wanting to get out of bed, not wanting to go to school.

Often, these changes to our behaviour makes the depression worse and stops us feeling better. We call this the Vicious Cycle of Depression.



HOW CAN WE MAKE CHANGES TO HELP OURSELVES?

Quite often, just increasing our range of activities and doing something we do enjoy can result in the chemical balance in our brain changing for the better.

Keeping a diary and noting the times the mood feels worse and scoring it out of 10. The next day do one small thing that is different at the same time of day and then score it and see if you feel differently.

If you do and it made you feel better, try it again the next day. And again the day after that. If you don't feel better, try something different. Keep trying new activities and see what helps.

Try some of these:

- A soak in the bathtub
- Collecting things
- Going for a day trip to the beach, go to the park.

- Playing sport, going for a walk or bike ride.
- Playing a game – dig out your old Monopoly and challenge your friends to a game!
- Listening to uplifting music.
- When we break the cycle of depression, it will look like this:

