

Information and Support for Young People with Depression

Information on the Web

Young Minds

http://www.youngminds.org.uk/for_children_young_people

Young Minds is a charity that campaigns on mental health issues for children and young people. Their website provides information on looking after yourself, mental health problems, mental health services that are available, what to do if you're unhappy with your treatment and real life stories. They also provide information and support for parents of young people suffering from mental health problems.

HeadMeds

<http://www.headmeds.org.uk/>

HeadMeds is a website for young people about mental health medication produced by the charity YoungMinds. HeadMeds provides you with accessible and useful information about mental health medication including information about potential side effects, when you should go and get help, and provides answers to some of the difficult questions you might have around their medication but may feel uncomfortable asking your GP about such as, will it affect my sex life or can I drink with this medication? The site also has a 'Jargon Buster' feature as well as real life stories and information on mental health conditions.

Moodzone

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx>

Moodzone is a website run by the NHS which provides information to help you understand depression, the symptoms, possible causes and options for treatment. The site includes a mood assessment quiz to help you assess how you are feeling and links to related articles with tips on coping with depression and stress busting ideas. There are eight mental wellbeing audio guides, which you can download for free, designed to help you better understand the problems you may be facing in your life. There is also a discussion forum and links to helpful resources.

Moodjuice

<http://www.moodjuice.scot.nhs.uk/depression.asp>

Moodjuice have produced a self-help guide, which is free to view online, to help you learn more about depression and learn the skills to cope with it.

Mental Health in Manchester – Self Help Guides

<http://www.mhim.org.uk/selfhelp/>

Manchester Mental Health and Social Care Trust have produced a series of self-help guides on a range of topics which are free to download. The *Improve your Mood* guide is particularly aimed at people with depression and helps you to identify what keeps depression and low mood going, and tips to help you deal with it. There are also guides on Food and Mood, Sleeping Well, Physical Activity and Mood and guides on dealing with stress which may be helpful.

Students Against Depression

<http://studentsagainstdepression.org/>

Students Against Depression is a website offering advice, information, guidance and resources to students and young people affected by low mood, depression and suicidal thinking. The site offers information and resources validated by health professionals alongside tips and advice from students who have experienced it all themselves.

Youth Access

<http://www.youthaccess.org.uk/>

Youth Access is a directory of over 200 counselling services for young people in the UK. You can search for counselling services local to you.

Helplines and Web Chat

ChildLine

Freephone 0800 1111 (24 hours)

www.childline.org.uk

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

Samaritans

Tel: 08457 90 90 90 (24 hrs 7 days a week)

www.samaritans.org

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Get Connected

0808 808 4994 (open from 1pm - 11pm every day)

help@getconnected.org.uk

www.getconnected.org.uk

Get Connected is a free confidential service for young people under 25, advising on how to get the best help for a range of problems. You can get help by phone, text, email or webchat.

The Site

<http://www.thesite.org/mental-health>

The Site provides an online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day on a range of issues including mental health and depression. You can also chat about any issue on their moderated discussion boards and live chat room.

The Calm Zone

0800 58 58 58 (5pm to Midnight every day)

<https://www.thecalmzone.net/>

The Campaign Against Living Miserably, or CALM, is a charity working to prevent male suicide in the UK. They offer support to men in the UK, of any age, who are down or in crisis via their helpline and website. Support is available by phone or webchat. The website provides information on where to get help as well as personal stories and other information.

TESS

SMS: 0780 047 2908 (open every day except Saturday 7pm - 9pm)

<http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service>

TESS is a text and email support service for girls and young women under 24 who self-injure/self-harm. The website also provides information and advice on all aspects of self-harm.

PAPYRUS

0800 068 41 41 (Mon-Fri: 10am-10pm. Weekends & bank holidays: 2pm-5pm)

pat@papyrus-uk.org

SMS: 07786 209697

<https://www.papyrus-uk.org/>

PAPYRUS is a charity dedicated to the prevention of suicide in young people. They provide support, advice and information for anyone under the age of 35 who is worried about how they are feeling. You can contact them by phone, text or email.

Apps

In Hand

Available on: [iTunes](#), [Android](#), Website

Free to download

<http://www.inhand.org.uk/>

In Hand is an app that has been co-created by young people, for young people. It is a simple, digital friend that promotes mental well-being and can support you through some of those difficult moments that we all face. The app helps you to focus on where you're at and bring back the balance.

Ginsberg

Available on: [iTunes](#), Website

Free to download

<https://www.ginsberg.io/>

Ginsberg is an online tool to help you understand yourself better by tracking your mood and activity. Feel happier and sleep better. Connect to other popular health and fitness apps and devices.

Mindfulness by Digipill

Available on: [iTunes](#)

There is a cost to download

Digipill, the #1 Health and Fitness app around the World, presents Mindfulness. This special pill is a guided meditation, spoken in English, by the leading clinical hypnosis expert, Professor Ursula James.

Panic Attack Aid

Available: [iTunes](#), [Android](#)

There is a cost to download

Panic Attack Aid is designed to bring instant calming relief from panic and anxiety attacks through breathing techniques, reassurance and distraction exercises.

Books

The books below are part of the Reading Agency's Books on Prescription list and are recommended for people with depression. You could download these to your Kindle (there will be a cost to do this) or you may be able to borrow them from your local library.

Overcoming Depression and Low Mood: A Five Areas Approach (third edition) by Chris Williams, published by CRC Press

ISBN: 9781444167481

Other formats: Ebook (9786612640520)

Overcoming Depression and Low Mood provides you with a series of self-help workbooks to self-assess and manage depression and periods of low mood, with support from a health care professional.

Mind Over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger and Christine Padesky, published by Guilford Press

ISBN: 9780898621280

This guide may help you better understand and improve your moods, and find ways to improve the way you feel by altering your behaviour.

Overcoming Depression by Paul Gilbert, published by Constable & Robinson

ISBN: 9781849010665

Other formats: Ebook (9781849011556)

This book contains helpful case studies and easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

Introduction to Coping with Depression by Brenda Hogan, published by Robinson

ISBN-13: 978-1845292836

This short booklet explains what depression is and how it makes you feel. It explains how depression develops and what keeps it going and how to spot and challenge thoughts that maintain your depression.