



Rethink
Mental
Illness.

What is depression?

Everyone has times when they feel stressed, upset or down – and it's normal to feel disappointed when things don't go as you hoped. These feelings will come and go from time to time and generally, don't last very long.

It is when the low feelings or down mood, along with other symptoms, lasts for more than a couple of weeks that a person may have depression (sometimes referred to as clinical depression).

Depression is a lot more common than most people think. It can affect people of all ages and in many different ways.

Some of the signs and symptoms include:

- Feeling hopeless or worthless.
- A loss of appetite.
- Feeling very tired or on the other hand, agitated and unable to concentrate on anything.
- Finding it hard to sleep, to study or to find pleasure in hobbies.
- Avoiding friends or feeling like they want to harm themselves.

Depression can happen suddenly as a result of some difficult life experience, or can emerge more slowly, with no clear reason for it.

Either way, it's important to understand that depression is not a weakness, it is a recognised mental health issue and it is important that a person with depression gets help.

For more info

Visit our website at
www.rethink.org/youngpeople

If you want to talk to someone about anything that is worrying you childline offer a free helpline for young people which you can call on – **0800 1111** or visit at www.childline.org.uk



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Rethink Mental Illness is a partner in:



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