



*A parent's
guide to*
DEPRESSION



Feelings of hopelessness and pessimism



Feelings of worthlessness, guilt and helplessness



Changes in mood



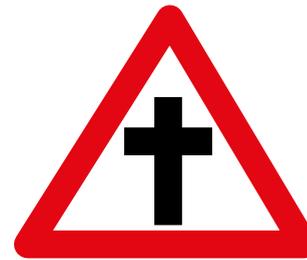
Difficulty making decisions



Irregular sleep



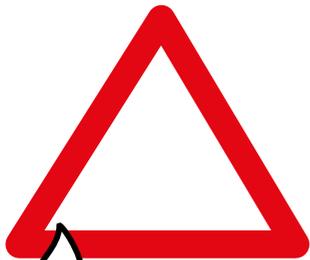
Decreased energy



Thoughts of death or suicide



Appetite or weight change



Tearfulness



Persistent sad, anxious or empty mood



Restlessness



Insomnia

THE WARNING SIGNS.

These warning signs are recognised by mental health professionals as being the common signs and symptoms of depression.

Some of these signs may also be part of normal adolescent moody and difficult behaviour. Look out in particular for any **CHANGES** in behaviour, and keep a note of these.

1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder, but early diagnosis and support can help for a lifetime.

TIME FOR A CHAT

If you are worried, you will want to talk to your son or daughter. But asking them how they feel can be very difficult and may need some planning. You may be worried that your son or daughter is thinking of harming themselves or is feeling suicidal. It is better to ask about this than ignore it.

Try to keep any anxiety you may feel to yourself.

Write down the things that are concerning you before you speak.

Choose statements that are facts and not judgements.

Think about what you want to say and keep it simple.

Try to ask 'open questions' which allow them to say how they are feeling.

If you think your son or daughter is at risk of suicide, Call 111 and explain the situation immediately.

Be calm and supportive and allow plenty of time.

You may also want to talk to their teacher, school nurse or another trusted adult. It is best to tell your son or daughter that you are planning to do this and include them in the conversation so they do not feel excluded.

After talking with your son or daughter, your GP is the main place to raise your concerns, to diagnose the problem and offer talking therapies, support and advice.

Any triggers to the depression.

How long it's been going on and how severe it seems.

Whether there are any self-harm or suicidal thoughts.

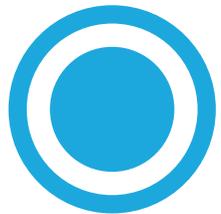
How is home, school, social life? Any bullying or abuse?

Any changes in self-care, eating, sleeping, exercise, drug or alcohol usage.

Is there a family history of depression?

Are there any new risky behaviours or impulsive acts?

What will your GP ask you?



Pharmacy Stamp

Age

Title, Forename, Surname & Address

D.o.B

Information and Self Help materials

Please don't stamp over age box
Number of days' treatment
N.B. Ensure dose is stated
Endorsements

What should the doctors recommend?

Signature of Prescriber

Date

For dispenser
No. of
Prescs.
on form



FP10SS

2942423

Your GP may recommend "watchful waiting" and arrange a two week follow-up appointment.

The next step will be a referral to a psychological service for "talking therapy", mainly CBT (Cognitive Behavioural Therapy).

If your son or daughter is under 16, they may be referred to the local CAMHS (Child and Adolescent Mental Health Services).

If your son or daughter is over 18, they will usually be referred to adult services.

If there is a long wait for local services, your GP should keep in touch.

If depression is severe your GP may prescribe medication alongside therapy.

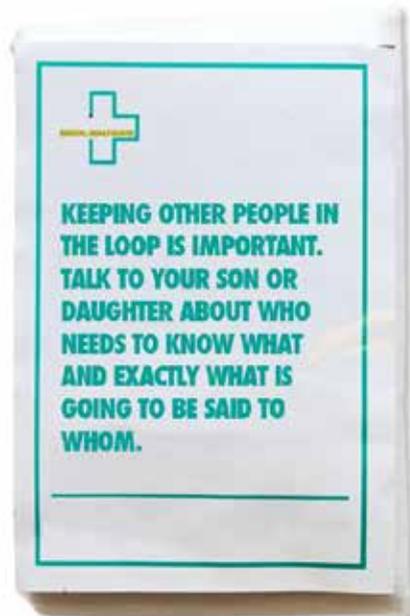
You may choose to find your own private therapist. Make sure they are registered and accredited by a professional body such as the British Association for Behavioural and Cognitive Therapies (BABCP).

Your son or daughter may be able to visit a school or university counsellor.

Local voluntary groups also sometimes offer counselling.

PATIENTS - please read the notes overleaf

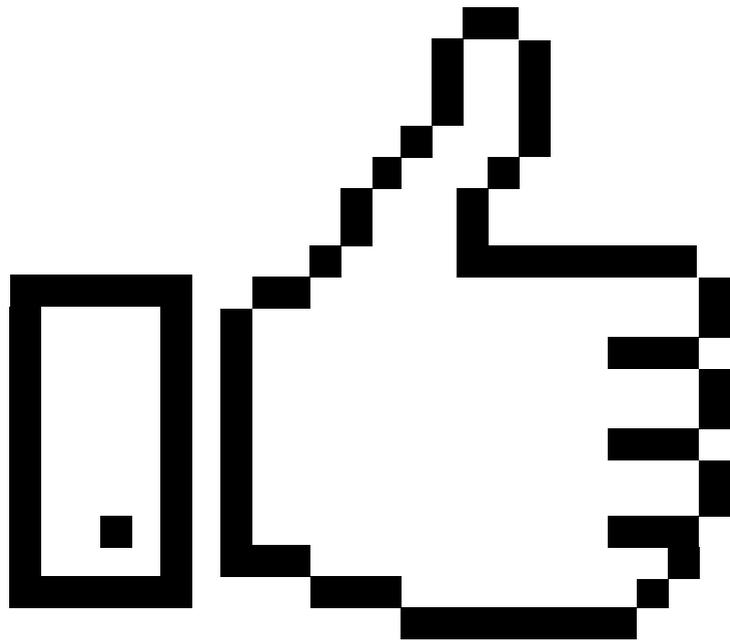
WHAT YOU CAN DO TO HELP



IF YOUR CHILD REFUSES HELP



Search for help



There is an extended version of this Guide at
www.cwmt.org.uk

Visit us online for more information, advice and links:

www.cwmt.org.uk

To read more about how depression can appear in young people see this website:

www.youngminds.org.uk/for_parents

Samaritans have help on dealing with difficult conversations:

www.samaritans.org/how-we-can-help-you

The charity Papyrus has useful information on talking about suicide on its website:

www.papyrus-uk.org/support/for-parents

Papyrus also has a confidential support and advice service which anyone can call:

HOPElineUK: 0800 068 4141

Students Against Depression is a clinically based website. It includes information on depression, workbooks to help young people to take action and stories by others about what has helped.

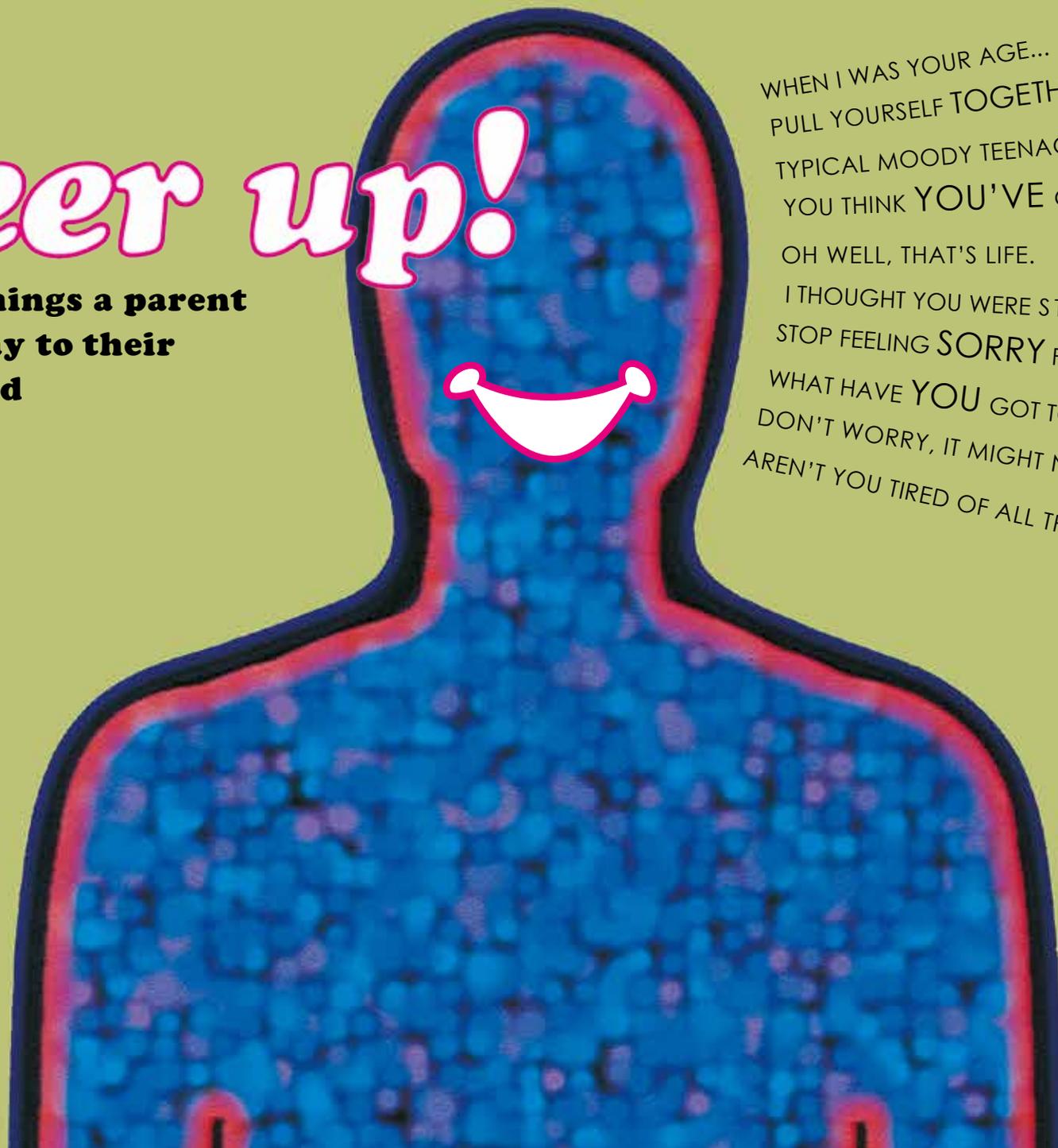
www.studentsagainstdepression.org

Student minds have information for students on support groups, events, training and resources.

www.studentminds.org.uk

cheer up!

**and other things a parent
should NOT say to their
depressed child**



WHEN I WAS YOUR AGE...
PULL YOURSELF TOGETHER.
TYPICAL MOODY TEENAGER.
YOU THINK YOU'VE GOT PROBLEMS.
OH WELL, THAT'S LIFE.
I THOUGHT YOU WERE STRONGER THAN THAT.
STOP FEELING SORRY FOR YOURSELF.
WHAT HAVE YOU GOT TO BE DEPRESSED ABOUT?
DON'T WORRY, IT MIGHT NEVER HAPPEN.
AREN'T YOU TIRED OF ALL THIS ME ME ME STUFF?

There is an extended version of this Guide at
www.cwmt.org.uk

This leaflet contains web addresses that have useful information about depression.

We are grateful to the organisations that have provided access to their information.

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Advice based on questions asked of us, not a definitive guide.

Endorsed by:



YOUNGMINDS



**student
minds**

Raising awareness fighting depression



Remember - like other illnesses depression can be treated.
With time and support most people make a
completely full recovery

The Charlie Waller Memorial Trust

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