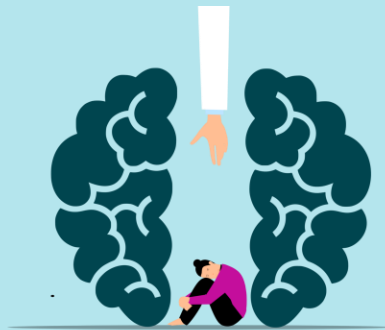
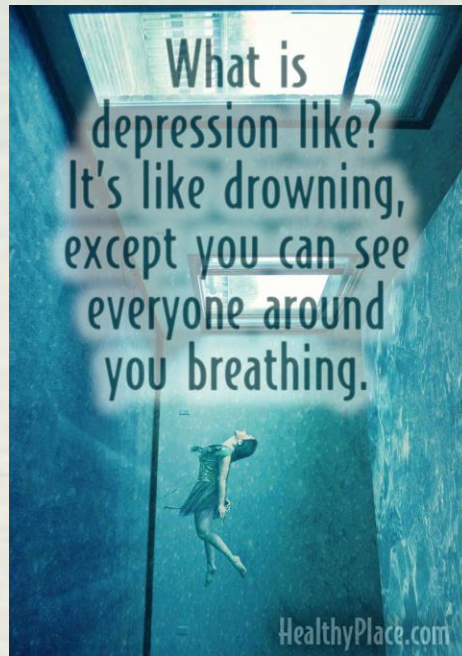


Any questions/Want to talk: Email us!  
Deputy head [Well-being] – Mahassin  
Assistant head – Lucian

Head Student (Characters) - Kanimozhi

# DEPRESSION





# WHAT IS DEPRESSION?

Depression is defined as a long lasting, or recurring low mood, that has been persisting and affecting your life for at least 2 weeks.

Symptoms include, but are not limited to; long lasting low mood, low self-esteem, low motivation, tired despite sleeping, changes in appetite

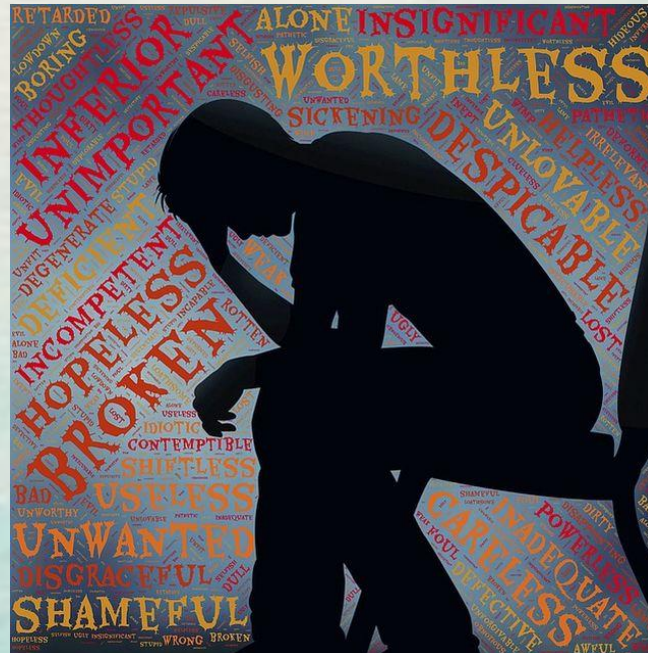
There are many symptoms of depression, far too many to go through in this PowerPoint, so for more information go to the NHS website or follow this link [Symptoms - Depression in adults - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/depression/symptoms/)

## 'Depression Makes Me.....'

Depression makes me feel pain  
Depression makes me stupid  
Depression makes me feel low  
Depression makes me mad  
Depression makes me sad  
Depression makes me forget world  
Depression makes me tensed  
Depression makes me lose self control  
Depression makes me hate everyone

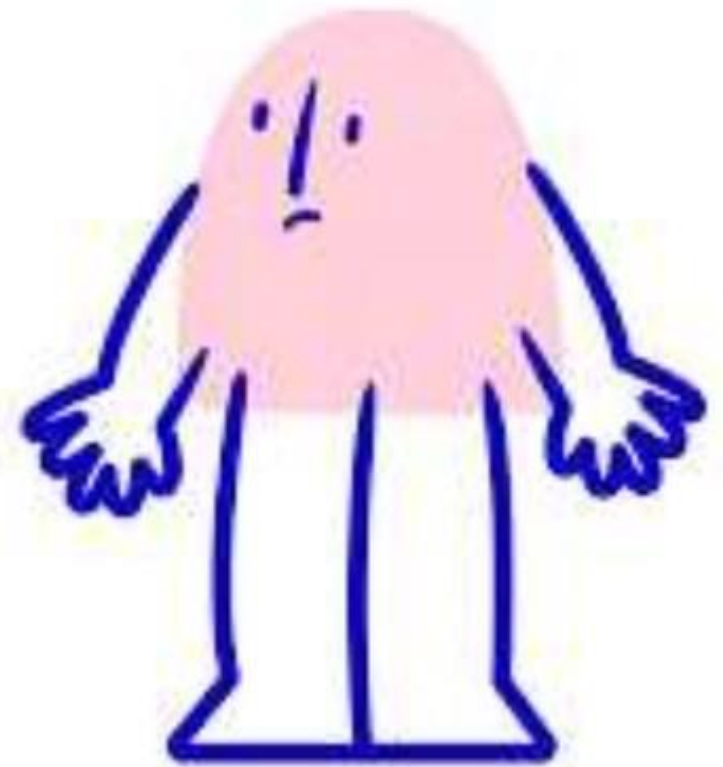
Depression makes me think over and over  
Depression makes me feel lonely  
Depression makes me think wild  
Depression makes me worthless  
Depression makes me sick  
What does Depression give me?  
When it runs high...  
It will make me Die - REST IN PEACE...

Annie Juliet



 mind

**Are you feeling  
depressed?**



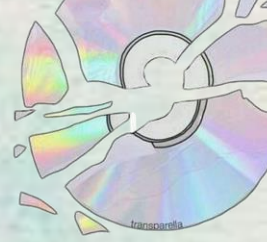
# SO WHY IS DEPRESSION IMPORTANT?

Depression is important because it affects millions of people worldwide everyday. In the UK alone 1 in 6 people report that they are suffering with depression.

This means that depression is interfering with 1 in 6 people's quality of life



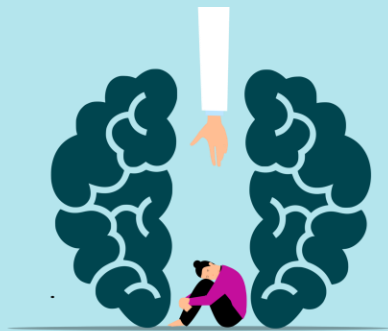
# WHAT CAUSES DEPRESSION?



- There are several possible causes of depression. They can range from biological to circumstantial.
- Common causes include:
- **Brain chemistry.** There may be a chemical imbalance in parts of the brain that manage mood, thoughts, sleep, appetite, and behavior in people who have depression.
- **Hormone levels.** Changes in female hormones estrogen and progesterone during different periods of time like during the menstrual cycle, postpartum period, perimenopause, or menopause may all raise a person's risk for depression.
- **Family history.** You're at a higher risk for developing depression if you have a family history of depression or another mood disorder.
- **Early childhood trauma.** Some events affect the way your body reacts to fear and stressful situations.
- **Brain structure.** There's a greater risk for depression if the frontal lobe of your brain is less active. However, scientists don't know if this happens before or after the onset of depressive symptoms.
- **Medical conditions.** Certain conditions may put you at higher risk, such as chronic illness, insomnia, chronic pain, Parkinson's disease, stroke, heart attack, and cancer.
- **Substance use.** A history of substance or alcohol misuse can affect your risk.
- **Pain.** People who feel emotional or chronic physical pain for long periods of time are significantly more likely to develop depression.

# TRIGGER WARNING:

Next slide has mentions of self-harm/suicide



# SO HOW DOES DEPRESSION LEAD TO SUICIDE/ SUICIDAL THOUGHTS?



Many people at some point in their life (usually a difficult point) have had fleeting thoughts about suicide that quickly disappear after they realize and think about all that they and their loved ones would lose.

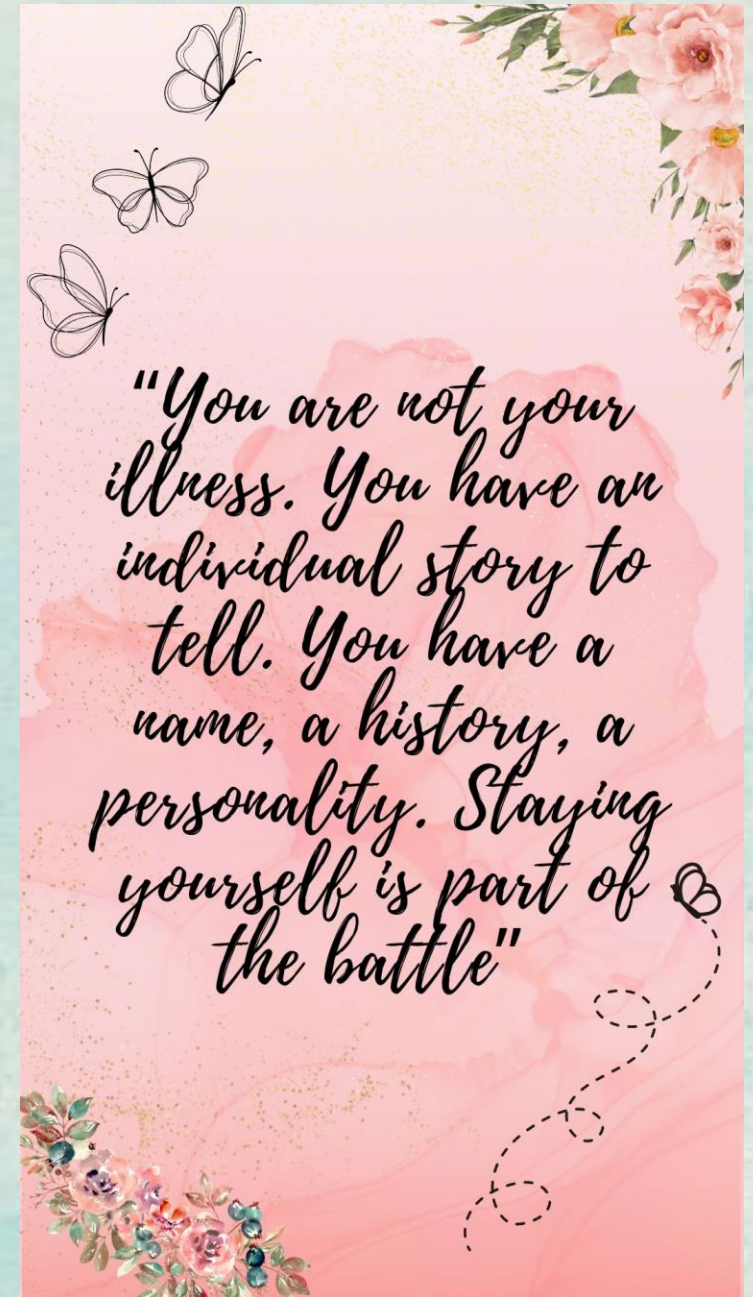
Those who are depressed however struggle to see that they and their loved ones will lose something if they are to commit suicide. They also struggle to see a way out and have their pain magnified, this can lead to them believing that death is the only way out



It is important however to realise that death is not the only way out, it is the worst way out, and if anyone is feeling like this at any time or having feelings like this frequently, they need to call a professional for help, or go and seek safety with their parents or another trusted adult.

# DEPRESSION AND EXAM STRESS

- One of the main causes for depression in teens is academic pressure (exam stress), this is usually caused by teens and maybe even the parents/ loved ones of the teens putting too much emphasis on academic excellence
- This usually has an adverse effect on performance as it can lead to burnout which leads to an inability to efficiently work which would in turn reduce exam performance
- It is important to know that exams aren't the most important thing, and it is okay to take breaks
- Just trust the process and know that it'll all work out at the end. Working hard, and overthinking life will only ever make it worse for you.
- So, breathe and go gentle on yourself.
- It's you that matters most! There are so many ways that you can succeed even if you fail academically.
- If you ever feel overwhelmed, make sure to talk it out. Ask for help. There is so much help there. We have so many students and teachers at our school, who'd always be happy to help all of us with

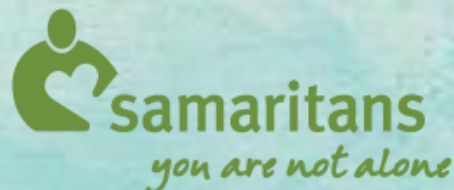




# IS IT A GOOD IDEA TO MANAGE DEPRESSION ON YOUR OWN?



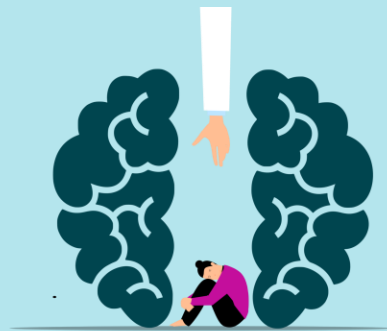
- The answer to this is **no**, usually depression needs professional help to overcome and doing so on your own can lead to the depression recurring
- If you match the definition of depression (at least 2 weeks of low mood that affects your quality of life along with **SOME** symptoms being present everyday) then we urge you to seek out help
- For example, there are many call services that you can phone for anonymous help, such as samaritans (116-123)
- You can also self-refer yourself to NHS talking therapies, unfortunately the waiting list for this service can be lengthy



# HOW CAN ONE BE AFFECTED BY DEPRESSION?



# TIPS TO HELP YOU BE PROACTIVE WITH YOUR MENTAL HEALTH



- Go for a **daily walk**, daily physical activity of any form has been shown to help with your mental health.
- It has been recently found that running/walking (or just any type of physical exercise) can help with depression!



- You could keep a **daily mood tracker** that has a brief outline about what caused you to be happy/sad that day, you could then try to find a pattern to see what to avoid (if it was a sad day) and what to implement (if it was a happy day)

- You could make **affirmation cards** (cards with positive statements) that you can read when you get home from school for example, this could lift your mood if you're having a down day and feeling negative/ pessimistic



- You could practice **mindfulness** by just living in the moment, this will reduce your stress about the future

- You could **socialise** with friends/ family, especially if you talk to them about what's bothering you



- Finally, you could just do **something you enjoy**; this will be sure to take your mind off whatever's bothering you and in doing so will hopefully raise your mood

# Well-being DROP-IN

Games



Meditation

DREAM BIG.  
WORK HARD.  
MAKE IT  
happen.

Mindfulness

Truth circle!!

be yourself

Colouring

Bingo!!



**Location: T-Block [Upstairs]**

Wednesday 6th March



Questions:

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REMINDER: THE WELL-BEING DROP-IN IS ON WEDNESDAY 6TH MARCH. YEAR 12S OR 13S Welcome to Join us!