

“STRENGTHENING THE CIRCLE”

Common Mental Health Conditions Affecting Children and Young People (Categorisation: Public Health England, Dec 2016)

Depression

What do you see?	How do you respond?
<p>A child / young person who</p> <ul style="list-style-type: none"> • has lost interest in activities that they enjoyed before • avoids their friends • has either lost their appetite or starts over-eating • has problems concentrating, remembering things, making decisions • has disturbed sleep or sleeps far too much • feels tired all the time, exhausted, complains of headaches, tummy pains • has little self-confidence and / or becomes self-critical • cries a lot • expresses feelings of guilt for no reason • has thoughts of suicide or self-harm 	<ul style="list-style-type: none"> • Be aware of changes in mood that don't go away on their own • Use a person-centred approach – really listen to what they are saying to you • Be patient and keep the conversation going, so that they feel they can trust you <ul style="list-style-type: none"> • Think about how you can foster their sense of belonging, core self, coping mechanisms and learning • Help them to get the support they need <ul style="list-style-type: none"> • When thinking about how best to support, focus on small steps • Be aware of worsening symptoms and be prepared to support them to ask for more help
What resources will help?	
<p> https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview www.minded.org.uk http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/depression.aspx https://www.samaritans.org/ http://www.themix.org.uk/mental-health/depression-mental-health/understanding-depression-5647.html https://youngminds.org.uk/find-help/conditions/depression/ </p>	
How do you support self-management?	
<ul style="list-style-type: none"> • Support the child / young person to think about lifestyle issues: eating, sleeping, seeing people, looking after themselves, exercise • Work with them to find apps and tools (e.g. 5 Ways to Wellbeing) • Encourage them to practise Mindfulness • Support them to develop a plan – with small steps for progress • Keep the conversation going, and follow up 	
Immediate Medical Attention?	Referral?
<p>No, but GP will need to be involved if depression doesn't lift with self management</p>	<p>Discuss best course of action with a named professional, as counselling, IAPT or medication may be needed</p>