

### What is Depression?

Depression is a common problem. It affects at least 2 in 100 children under 12 and 5 in every 100 teenagers. Depression is even more common in adults. Young people are much more likely to become depressed if they have separated parents, have lost a parent in early life, have suffered from abuse or neglect or live in inner city areas where there are high rates of poverty, unemployment and crime. Depression is a serious and common illness but nowadays there is a great deal that can be done to help those affected by it. The first step to getting help is to be able to recognise the problem.

### What effects can depression have?

Because depression affects so many aspects of life, your outlook, how you feel, what you are able to do, it can mean you cope with ordinary daily life much less well than usual. Depression can cause serious problems, such as:

- Difficulties getting on with friends and family
- Loss of friends
- Loss of confidence and difficulty making decisions
- Inability to study, work and perform well in exams
- Difficulty with day to day tasks
- Eating problems, turning to food for comfort and eating too much or dieting excessively
- Lying, stealing and truanting

### Depression increases the risk of:

- Drug, alcohol or solvent abuse
- Self injury such as drug overdose and wrist cutting
- Suicide

### What causes depression?

Depression is commonly caused by a mixture of things rather than any one thing alone.

Some people have experiences that lead to depression. These include family breakdown, abuse, neglect and bullying. Serious illness and the death or loss of a loved one can also cause depression

People are more 'at risk' of becoming depressed if they have no one to share their worries with, a lot of demands on them, and not enough support.

Depression often 'runs in families' and someone with a close relative who is affected by depression has a higher risk of becoming depressed themselves. Girls and women are more likely than boys and men to become depressed.

### Getting Help

Depression is a very treatable illness. If you think that you or someone you know may be depressed, it's well worth asking for help. This means letting a caring adult know about the problem and getting professional help. Family members can often provide valuable help and support. Teachers, school counsellors and school nurses can also be very helpful. Your family doctor will also know about local services, and will be able to help you get the help that is needed.

### What Can Help?

Young people who are depressed often find it helpful to talk about their worries to a trained counsellor. Alternatively, depending on the problems and their causes, it may be helpful to seek advice and help from a member of the local child and family mental health team. Usually, these teams consist of specialists such as psychotherapists, psychiatrists, psychologists and social workers, all of whom are highly skilled in helping young people and their families. Getting effective help probably means sharing worries with someone who can help and putting heads together to work out new solutions and discovering new ways of coping. Practical help may also be needed with, for example, relationships, school, finance and housing.

### Contact Us

I would like to support the work of Depression Alliance.

Please accept my gift of £

I would like Depression Alliance to claim the tax back on this donation, and on any subsequent donation I make.

For every donation you make to us, we can now claim back the tax paid (equivalent to 28p in every pound), provided you pay an equal amount of income tax or capital gains tax. Please tick the box above if you would like to make your money go even further at no extra cost to you.\*

I would like to become a member of Depression Alliance and enclose my membership fee of (please tick relevant box):

£10 (full-fee)  £5 (unwaged/OAP/student)  
 £20 (company rate)  £15 (European rate)  
 £20 (International rate)

I would like to find out more about Depression Alliance

I would like to pay

By cheque\*\*/postal order for £

By card, please deduct £  from my:  
 MasterCard  CAF card  
 VISA card

### PLEASE COMPLETE IN BLOCK CAPITALS

Name as written on card

Card No

Exp date

Signature  Date

Title

Forename

Surname

Address

Postcode

E-mail

Please return this form in an envelope to: Depression Alliance, 35, Westminster Bridge Road, London SE1 7JB

Data protection: From time to time, we will write with details about our work. Please tick this box if you would prefer not to hear from us. Your details will never be passed onto to any third party without your prior consent.

\* You must pay an amount of income tax (and/or capital gains tax) which is at least equal to the value of what we claim back in that tax year (currently 28p for every pound you give in that tax year). If you pay tax at a higher rate, you can claim further tax relief in your Self Assessment return.

\*\* Please make cheques payable to Depression Alliance

### Depression Alliance

Depression Alliance is the leading UK charity for people affected by depression. We work to relieve this treatable condition by providing information, support and understanding. We also campaign to raise awareness amongst the general public about the realities of depression.

Depression Alliance coordinates a national network of self-help groups so that people with depression can share experiences and coping strategies with others in similar situations.

For more information about self-help groups in your area, as well as our other services for people affected by depression, please complete the form overleaf.



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You can also contact us via our main number 0845 123 23 20. You will automatically be directed to the relevant regional office, and all calls will be charged at the local rate.

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# Depression affects one in five of us at some point in our life

# Depression in children and young people is a common, treatable illness



If you are worried about a friend or relative who is depressed, Depression Alliance can help.

### Useful Organisations

Childline  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)  
(Open 24 hours)

NHS Direct  
0845 46 47  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Saneline  
08457 678 000  
[www.sane.org.uk](http://www.sane.org.uk)  
(open 12pm – 2am every day)