

Understanding Depression and Low Moods in Teenagers

What is Depression?

Depression is more than just feeling sad or having a bad day. It is a common mental health condition that affects how a person feels, thinks, and handles daily activities. Teenagers with depression may experience persistent feelings of sadness, hopelessness, or a loss of interest in things they used to enjoy.

Signs of Depression and Low Moods in Teens

- Feeling sad or irritable most of the time
- Losing interest in hobbies or social activities
- Changes in appetite or weight
- Trouble sleeping or sleeping too much
- Feeling tired or lacking energy
- Difficulty concentrating or making decisions
- Feeling worthless or guilty
- Thoughts of self-harm or suicide

How Parents Can Help

- Listen without judgment and offer support
- Encourage open conversations about feelings
- Help teens maintain a routine with regular sleep, meals, and activities
- Encourage physical activity and social connections
- Seek professional help if symptoms persist or worsen

Where to Get Help in the North of England

Here are some trusted websites and services where parents and teens can find support:

- **YoungMinds:** <https://youngminds.org.uk/> - Offers advice and support for young people's mental health.
- **Kooth:** <https://www.kooth.com/> - Free, confidential online counselling for young people.
- **Mind:** <https://www.mind.org.uk/> - Provides information and support for mental health.
- **Childline:** <https://www.childline.org.uk/> - Free helpline and online chat for children and teens.
- **Samaritans:** <https://www.samaritans.org/> - 24/7 support for anyone in distress.
- **NHS Mental Health Services:** <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-help> - Find local NHS mental health services.
- **The Mix:** <https://www.themix.org.uk/> - Support for under 25s including mental health advice.

Helpful YouTube Videos for Parents and Teens

- [Understanding Teen Depression | Mental Health Foundation](#)
- [How to Help a Depressed Teen | Child Mind Institute](#)
- [Coping with Depression | Teen Mental Health](#)
- [Mental Health Awareness for Parents | YoungMinds](#)
- [Tips for Teens to Manage Low Moods | Kooth](#)