

LOW MOOD, DEPRESSION, LONELINESS, WITHDRAWAL

RESOURCES FOR CHILDREN AND ADOLESCENTS



Every Mind Matters: website dedicated to helping individuals with their mental health

- They have a webpage for information on feeling low
 - Includes helpful advice
 - Tips to improve your mood
 - Educational videos
- **Link:** <https://www.nhs.uk/oneyou/every-mind-matters/low-mood/>



Young Minds: dedicated to mental health support

- In their feelings and symptoms page you can find out more about mental health symptoms, how to cope, and where to get help
- They have sections on: bullying, abuse, anger, body image, eating problems, exam stress, grief and loss, problems with school
- **Link:** <https://youngminds.org.uk/find-help/feelings-and-symptoms/>



Teen Health:

- Why am I in such a bad mood? Tips and information that can help you understand the way you are feeling
- **Link:** <https://kidshealth.org/en/teens/bad-mood.html>



Kids Health:

- General information about depression:
<https://kidshealth.org/en/kids/depression.html?WT.ac=ctg#catthought>
- The children's society: Mental health advice for young people, by young people
 - Informational page on loneliness: <https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/loneliness>



Anna Freud: On my mind—aims to empower young people to make informed choices about their mental health and wellbeing

- Contains...
 - Wellbeing directory to find services near you
 - Self-care webpage with strategies to help when you are feeling low or anxious
 - 24/7 text support for young people in the UK
- **Link:** <https://www.annafreud.org/on-my-mind/>



NHS Inform

- Self-help guide based on cognitive behavioral therapy for individuals with mild-moderate symptoms of depression
- The guide takes around 30-40 minutes
- **Link:** <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide>



Mind:

- Webpage on loneliness: information on loneliness, how to manage it and useful contacts
 - **Link:** <https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/>
- Webpage on depression: information about symptoms, causes, self-care, treatment and useful contacts
 - **Link:** <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/>
- Webpage for young people: <https://www.mind.org.uk/information-support/for-children-and-young-people/>



Child Line

- It has a calm zone with calming activities to help if you're feeling anxious or overwhelmed
 - Contains breathing exercises, yoga, relaxation games coping videos etc.
 - **Link:** <https://www.childline.org.uk/toolbox/calm-zone/>
- Also, provides you with a mood journal once you sign in and make an account which helps you track your mood
 - **Link:** <https://www.childline.org.uk/toolbox/mood-journal/>
- Why People Feel Lonely: <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/loneliness-isolation/>

- Depression and feeling sad: <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/depression-feeling-sad/>



The mix: support for under 25s

- Have a range of articles written by professionals and other young people on several topics
 - Articles relating to depression: <https://www.themix.org.uk/mental-health/depression-mental-health>



Good Thinking provides digital mental health support for London.

- Includes NHS approved apps, guides, workbooks, podcasts and blogs
- Relating to different mental health difficulties such as low mood, anxiety, sleep, and stress
- Main page: <https://www.good-thinking.uk/>

SUPPORT SERVICES



Samaritans: an organization that offers help and advice with one to one contact

- Reach them over the phone (116 123) for free
- By email: jo@samaritans.org
- Write a letter: to Chris, PO Box 9090 Stirling FK8 2SA
- Find the Branch closest to you
- The service is confidential except in situations where their safeguarding policy means they need to tell someone (eg. emergencies)
 - Your number is not displayed
 - By phone try to respond right away
 - By email aim to respond within 24hr
 - Phone lines open 24/7
 - You can speak to them about any concerns that you have
- Link: <https://www.samaritans.org/>



Elefriends: supportive online community-if you're struggling to cope you can find support, share tips and experiences and chat to others that are in the same position to you

- No commitment
- Professionals are there to help
- You can sign up with your email

- **Link:** <https://www.elefriends.org.uk/>



Mind:

- Helpline: 0300 123 3393, info@mind.org.uk, PO Box 75225, London E15 9FS
 - You can talk to them about any mental health problem, where to get help near you, treatment options etc.
 - Confidential service
 - Call charges depend on the phone provider



Kooth: a free, safe and anonymous online support for young people

- A chatting support service Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm
- Must make an account to access the website but the username can be anonymous
- **Link:** <https://www.kooth.com/>



Child line: online and on the phone information and support about mental health in children and adolescents

- Phone: 0800 1111
- Free private confidential service for anyone under the age of 19 in the UK with any issues big or small
- Counsellors are trained staff and volunteers
- **Link:** <https://www.childline.org.uk/get-support/>



CALM: Campaign against living miserable—a movement against suicide in males

- Have a free and confidential helpline and webchat that run for 7hr a day 7 days a week for anyone who needs to talk about life's problems
 - Phone: 0800 58 58 58 from 5pm-midnight all year round
 - And online chat: <https://www.thecalmzone.net/help/webchat/>
- **Link:** <https://www.thecalmzone.net/>



Papyrus: prevention of young suicide

- Helpline: 0800 068 41 41
- Email: pat@papyrus-uk.org
- They provide confidential support and advice to young people struggling with thoughts of suicide
- Conduct suicide prevention projects
- **Link:** <https://papyrus-uk.org/what-we-do/>



The mix: support for under 25s

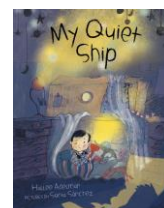
- Phone: 0808 808 4994
- They have a 1-2-1 chat and a crisis messenger
- Link: <https://www.themix.org.uk/>



Youth Access: national membership organization for young people's information, advice, and counselling services.

- Local services around Redbridge: <https://www.youthaccess.org.uk/services/find-your-local-service?loc=RM6+4XH>
- Current projects: <https://www.youthaccess.org.uk/our-work/our-work>
- Main website: <https://www.youthaccess.org.uk/>

BOOKS



For Ages 3-8

- **My many-colored days** by Dr. Seuss—recommended by the Child Mind Institute
- **In my heart: a book of feelings** by Jo Witek—recommended by the Child Mind Institute
- **My Quiet Ship** by Hallee Adelman—recommended by the National Alliance on Mental Illness
- **Sadly the Owl** by Linnie von Sky recommended by the National Alliance on Mental Illness
- **Can I catch it like a cold? Coping with a parent's depression** (for ages 4-8) by Centre for Addiction and Mental Health—recommended by the Child Mind Institute
- **BlueLoon** by Julia Cook (depression-for children ages 5-8) recommended by the National Alliance on Mental Illness

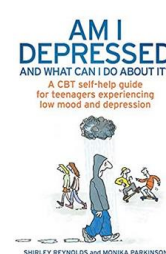
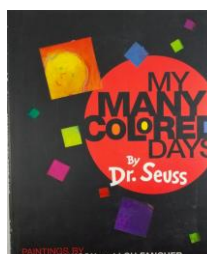
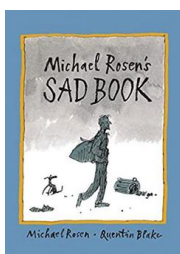
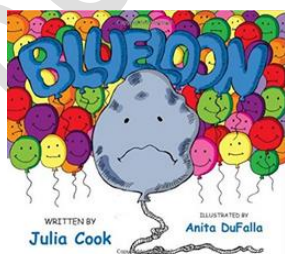
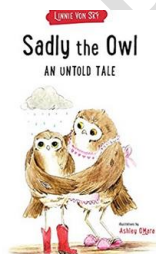
For Ages 9-12

- **Meh** by Deborah Malcolm recommended by the National Alliance on Mental Illness
- **Brianna and the Blue Monster: A Cognitive Behavioral Story for Children with Depression** by Patience Domowski—recommended by the National Alliance on Mental Illness
- **I Had a Black Dog** by Matthew Johnstone—recommended by the Anxiety and Depression Association of America
 - ISBN: 9781845295899
 - Available in Redbridge Libraries:
[https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:\\$002f\\$002fSD_ILS\\$002f0\\$002fSD_ILS:144290/one?qu=9781845295899&lm=REDBRIDGE](https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:144290/one?qu=9781845295899&lm=REDBRIDGE)

- Little Parachutes picture books about depression
<https://www.littleparachutes.com/category/issues/depression-family/>
- Little parachutes picture books about loneliness
<https://www.littleparachutes.com/tag/loneliness/>

For Adolescents

- **Am I Depressed and What Can I Do About It?** A CBT self-help guide for teenagers experiencing low mood and depression by Shirley Reynolds and Monika Parkinson
 - ISBN: 9781472114532
 - Available in Redbridge Libraries:
https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/results?qu=9781472114532&te=&lm=REDBRIDGE
- **Teenage Depression-A CBT Guide for Parents: Help your child beat their low mood** by Shirley Reynolds and Monika Parkinson
- **Stuff That Sucks: Accepting what you can't change and committing to what you can** by Ben Sedle
 - ISBN: 9781472120533
 - Available in Redbridge Libraries:
[https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:\\$002f\\$002fSD_ILS\\$002f0\\$002fSD_ILS:113144/one?qu=9781472120533&lm=REDBRIDGE](https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:113144/one?qu=9781472120533&lm=REDBRIDGE)
- **Michael Rosen's Sad Book** by Michael Rosen-a book about grief, loss, and sadness recommended by The Compassionate Friends
 - ISBN: 9781406313161
 - Available in Redbridge Libraries:
[https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:\\$002f\\$002fSD_ILS\\$002f0\\$002fSD_ILS:1696721/one?qu=9781406313161&lm=REDBRIDGE](https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:1696721/one?qu=9781406313161&lm=REDBRIDGE)
- **Monochrome Days: A First-Hand Account of One Teenager's Experience with Depression** by Cair Irwin and Dwight L. Evans (for teenagers) recommended by the University of Pennsylvania
- **When Nothing Matters Anymore: A Survival Guide for Depressed Teens** by Bev Cobain recommended by Cascade Mental Health Center
- **My family divided: one girl's journey of home, loss, and hope** (for ages 12+) by Diane Guerro—recommended by the Child Mind Institute
- Young Minds books about Depression: <https://youngminds.org.uk/shop/depression/c-23/p-174/>



VIDEOS



For Children

- COMPMI: **How it feels to have depression-information for kids, teens, and young people** <https://www.youtube.com/watch?v=eQbvzSxNDtY>
 - What is it about? Describes how a person feels when they are depressed
- **Anxiety and depression in kids: healthy head to toe by Oregonian** <https://www.youtube.com/watch?v=dZgMvyRkaI4>
 - What is it about? Other children talk about stress, anxiety and depression
- **What causes anxiety and depression-Inside out by Mind Set** https://www.youtube.com/watch?v=tNsTy-j_sQs
 - What is it about? This video gives an easy explanation to what causes depression and anxiety using the popular pixar movie Inside Out.
- **Alfred and Shadow-A short story about emotions** https://www.youtube.com/watch?v=SJOjpprbfE&list=PLpPElbtSbhpIVR58gh-IH-XiOVdt_MRAe&index=100&t=189s
 - What is this about? Alfred experiences a lot of emotions that his good friend Joy support him through.

For Adolescents

- Child Mind Institute: **Stories Hannah** <https://www.youtube.com/watch?v=evnmXd5roDA>
 - What is it about? Hannah talks about her journey struggling with depression and anxiety and explains how going to therapy helped her change her life around
- Childline: **feeling unhappy, sad or depressed?** <https://www.childline.org.uk/toolbox/videos/depression/>
 - What is it about? This creative video talks you through how one girl feels unhappy and sad and how ChildLine can help you feel less alone
- Childline: **bottling up emotions** <https://www.youtube.com/watch?v=9O3gVyfAvac>
 - What is it about? This video is a conversation around how it can be hard to talk about your emotions, but bottling them up can make things more difficult
- Childline: **Loneliness and isolation** <https://www.youtube.com/watch?v=WuXqiTF-wG0&t=1s>
 - What is it about? This vide is a conversation around feeling lonely and offers encouragement to anyone struggling with these emotions
- Alfred and Shadow-A Short Story about Self-Criticism: https://www.youtube.com/watch?v=VP7R_Wim6-M
 - What is it about? This is a small educational video that shows how our inner critic can make us feel ashamed of who we are and make us feel lonely and down.



Bottling Up Emotions ft. TomSka | Voice Box | Childline

Last updated: August 2021



There were so many people online, all talking about the feelings I was having!



How it feels to have depression - information for kids, tee...

APPS



- **NHS Go:** confidential health advice and information service for 16-25yr old's
- **Blue Ice** (recommended by the NHS): free to download—evidence-based app to help young people manage their emotions and reduce urges to self-harm
 - Includes mood diary, toolbox, of evidence-based techniques
 - <https://www.nhs.uk/apps-library/blueice/>
- **Calm Harm** (recommended by NHS): free to download—designed to help people resist or manage urge to self-harm <https://www.nhs.uk/apps-library/calm-harm/>
- **Catch it** (recommended by NHS): helps you learn to manage feelings like anxiety and depression by looking at problems in different ways <https://www.nhs.uk/apps-library/catch-it/>
- **Chill panda** (recommended by NHS) helps to learn to relax manage worries and improve wellbeing <https://www.nhs.uk/apps-library/chill-panda/>
- **Ieso** (recommended by NHS): online course using instant messaging for people with mental health problems (confidential and puts you in touch with therapist trained in CBT) <https://www.nhs.uk/apps-library/ieso/>
- **Mee Two** (recommended by NHS): provides safe and secure forum for teenagers wanting to discuss any issues affecting their lives <https://www.nhs.uk/apps-library/meetwo/>
- **Silver cloud** (recommended by NHS): online course to help manage stress, anxiety, and depression <https://www.nhs.uk/apps-library/silvercloud/>



STUDIES TO TAKE PART IN

D:OTSD – Depression: Online Therapy Study: research study testing a new online treatment for young people with depression

- The study is organized by the Anna Freud Centre in London
- It is for young people aged 16-18 who are feeling depressed
- The treatment is an online self-guided program called Internet-Based Psychodynamic Therapy (I-PDT) and contains 8 chapters available weekly with different texts, videos, and exercises
 - You will also have a therapeutic support worker who provides feedback and who you can text-chat with online for up to 30 min a week
- For more information on the study and to enroll please visit <https://www.iterapi.se/sites/dots/public/1-welcome>

RESOURCES FOR PARENTS AND CARERS



Child Mind Institute:

- [Parenting a depressed teenager](#)



- General information about depression in adolescents, tips to talking to your child, information on treatments and advice on how to take care of yourself while taking care of your child
- **Link:** <https://childmind.org/article/how-to-help-your-depressed-teenager/>
- Mood disorders in teenage girls
 - **Link:** <https://childmind.org/article/mood-disorders-and-teenage-girls/>
-

healthychildren.org

Healthy children.org

- Adolescent depression: what parents can do to help—contains information, videos, links, and more to support your child
- **Link:** <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Childhood-Depression-What-Parents-Can-Do-To-Help.aspx>

YOUNGmINDS

Young Minds:

- Supporting your child with depression: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-depression/>
 - Contains general information and a full online guide
 - **Link:** <https://youngminds.org.uk/media/3678/depression-updated-dec-2019.pdf>
- Young Minds also has a parental helpline at **0808 802 5544** which is open Monday-Friday from 9:30am-4pm.
- Parents Lounge: Once a month, experts from the Parents Helpline answer your questions on a chosen topic live on Facebook. Joined by mental health professionals or experts in the field, they share their top tips, advice and next steps you can take
 - **Link:** <https://youngminds.org.uk/find-help/for-parents/parents-lounge/>
- Video: Discussing depression: <https://www.youtube.com/watch?v=tQLfJKOsdP0>

NHS

NHS:

- Depression in children and teenagers: <https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/>
- Understanding depression and low mood in children and young people: contains useful information about general symptoms and what you, as a parent/carers can do to help <https://www.tevv.nhs.uk/services/understanding-depression-and-low-mood-in-children-and-young-people/>
- Talking to children about feelings: <https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

Celebrating 60 years
NAMI

National alliance of mental illness:

- 5 things you can do to help your child with depression :
<https://www.nami.org/Blogs/NAMI-Blog/December-2018/5-Things-You-Can-Do-to-Help-Your-Child-with-Depression>



Action for children:

- Tips for parents about dealing with a child that is lonely:
<https://www.actionforchildren.org.uk/how-to-help/support-our-campaigns/jo-cox-commission-on-loneliness/tips-for-parents/>



Anna Freud Centre:

- Recognizing early signs of depression
- **Link:** <https://www.annafreud.org/insights/blogs/2018/09/recognising-early-signs-of-depression/>



The Whole Child

- Child Depression Ages 6-12: with information regarding how to spot the signs of depression, what parents/carers can do, and more
- **Link:** <https://www.thewholechild.org/parent-resources/age-6-12/child-depression-ages-6-12/>



Huffington Post

- 8 Steps for Parents Who are Worried Their Child Is Lonely:
https://www.huffingtonpost.co.uk/entry/lonely-children-how-to-help-parents_uk_58f5f7dce4b0da2ff8630cd1?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2x1LmNvbS8&guce_referrer_sig=AQAAAC0SA_w_yf2CaSyxpg-d7Q8STh3fPeBOInPIJ_a_YvFn3X2jSgyH80q4S80W6MzeXGNo6K-VbQedUIFcL1ZYIB6-wZU7cfSPFKeKTHDXLr2Sykb3gYyxv6KKIXHDer33BBENvVDslnWweZhkJPIExs49Chl4WdzCeqTE0HzGxFo



Charlie Waller Memorial Trust

- Extended parent's guide to depression contains information and advice for helping your child deal with depression including how to spot the signs, and specifics on suicide and self-harm
- **Link:** <https://www.cwmt.org.uk/parents-guide>



Understood

- Why Kids Who Learn and Think Differently Might Feel Lonely:
<https://www.understood.org/en/friends-feelings/managing-feelings/loneliness-sadness-isolation/how-loneliness-can-impact-kids-who-learn-and-think-differently>



Mental Help.net

- Loneliness in Young Children: with information and tips on how helping your child overcome loneliness as well as its consequences and contributing factors
- **Link:** <https://www.mentalhelp.net/child-development/loneliness-in-young-children/>



Edu Care

- Online Guide "Supporting children and young people with loneliness"
<https://www.educare.co.uk/Media/Supporting%20children%20and%20young%20people%20with%20loneliness.pdf>



Royal College of Psychiatrists

- Depression in young people-helping children to cope: for parents and carers: provides basic information about the symptoms and effects of depression in children and adolescents and gives practical advice on how to get help for your child
- **Link:** <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/depression-in-young-people---helping-children-to-cope-for-parents-and-carers>

BOOKS/GUIDES



- **Teenage Depression: A CBT Guide for Parents** by Shirley Reynolds and Monika Parkinson
- **Can I Tell you About Depression? A Guide for Friends, Family, and Professionals** by Christopher Dowrick, Susan Martin, Mile Medaglia, and Paula Dowrick
 - ISBN: 9781849055635
 - Available in Redbridge Libraries:
https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/results?qu=9781849055635&te=&lm=REDBRIDGE
- **Rescuing your Teenager from Depression** by Norman T. Berlinger
- **The Disappearing Girl: Learning the Language of Teenage Depression** by Lisa Machoian
- **Raising Depression-Free Children: A Parent's Guide to Prevention and Early Intervention** by Kathleen Hockey

- **Online guide: Parent Handbook on Childhood and Teen Depression** by Erika's Light House https://www.erikaslighthouse.org/wp-content/uploads/2019/05/EL_ParentHandbook2019.pdf
 - **Audio book version:**
https://www.audible.co.uk/?ref=Adbl_ip_rdr_from_US&source_code=AUK30DF-T1BkWS0826159058&ipRedirectFrom=US&ipRedirectOriginalURL=pd%2FSelf-Development%2FParent-Handbook-on-Childhood-and-Teen-Depression-Second-Edition-Audiobook%2FB073SCK7PM%3Fqid%3D1503427732%26sr%3D1-1%26ref%3Da_search_c4_1_1_srTtl

RESOURCES FOR SCHOOLS



Anna Freud
National Centre for
Children and Families



Mentally Healthy School (in collaboration with the Anna Freud Center):

- **Low Mood or Depression:** with tips about how to spot the signs
<https://www.mentallyhealthyschools.org.uk/mental-health-needs/low-mood-or-depression/low-mood-or-depression/>
- **Video by Dr. Peter Fuggle on low mood in children and young people** offers expert advice for schools
 - **Link:** <https://www.youtube.com/watch?v=WcCksFh5I70>
- **Video by Dr. Rosylyn Law on depression**-a consultant Clinical Psychologist explains how school staff can support adolescents who may be suffering from depression.
 - **Link:** <https://www.youtube.com/watch?v=1eYNV-zCXw0>



MindEd
e-learning to support healthy minds

Mind Ed: a free educational e-learning resource for professionals on children and young people's mental health. The sessions aim to help staff better understand how mental difficulties may affect children and how to support them

- **Session on Sad, Bored, or Isolated:**
<https://www.minded.org.uk/Component/Details/445667>
- **Session on depression:** <https://www.minded.org.uk/Component/Details/445667>



ASCD

- **Responding to a Student's Depression:** contains general information on recognizing signs of depression in a student, as well as helpful tips on how to help students when dealing with depression
- **Link:** <http://www.ascd.org/publications/educational-leadership/oct10/vol68/num02/Responding-to-a-Student%27s-Depression.aspx>



Blurt it out

- Teachers: How to support young people with depression
<https://www.blurtitout.org/2017/04/04/teachers-support-young-people-depression/>



Mental Health America:

- Tips for teachers: ways to help students who struggle with emotions or behaviors
https://www.mhanational.org/tips-teachers-ways-help-students-who-struggle-emotions-or-behavior?utm_campaign=buffer&utm_content=buffer14505&utm_medium=social&utm_source=twitter.com



Boing Boing

- Depression—schools mental health guide: <https://www.boingboing.org/wp-content/uploads/2018/04/YoungMentalHealth.section3B.pdf>
- School's Mental Health guide: whole school approach to emotional and mental wellbeing with simple low-cost suggestions for teachers to support children's sense of belonging in school
 - Includes practical information on how teachers and school staff can support individual children and young people experiencing the most common mental health issues (including depression)
 - **Link:** <https://www.boingboing.org.uk/schools-mental-health-guide/>



Royal College of Psychiatrists

- Can order Mental Health packs for schools which are written by psychiatrists for young people
 - Each pack contains a set of individual factsheets about different mental health conditions which are common to young people which cover everything from an explanation of the condition, to its symptoms, to what you can do to help.
 - Depression is included in the fact sheet
 - **Link:** <https://www.rcpsych.ac.uk/mental-health/order-mental-health-packs-for-schools?searchTerms=depression%20in%20young%20people%3A%20for%20schools>