

Depression and Low Mood

Mood Juice: Self Help Guide

<http://www.moodjuice.scot.nhs.uk/Depression.asp>

Depression

Moodjuice Self-help Guide



Learn more about depression
and skills to cope with it.

NHS: Depression and Low Mood – An NHS Self Help Guide

<https://web.ntw.nhs.uk/selfhelp/leaflets/Depression%20and%20Low%20Mood.pdf>

Depression and Low Mood

An NHS self help guide

NHS

**Northumberland,
Tyne and Wear**
NHS Foundation Trust



Mind: Self-care advice for sufferers of depression

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care-for-depression/#.W31b5suGOUk>

The screenshot shows the Mind website's 'Self-care for depression' page. At the top, there are navigation buttons: 'Talk to us', 'I need urgent help', and 'Donate'. A search bar is also present. The main header features the Mind logo and a navigation menu with options like 'Information & support', 'About us', 'News & campaigns', 'Get involved', 'Workplace', and 'Shop'. Below the header, a breadcrumb trail reads: 'Home > Information & support > Types of mental health problems > Depression > Self-care for depression'. The main heading is 'Depression', followed by a brief description: 'Explains depression, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.' There are links to 'Download PDF (510.9KB)' and 'Order printed copies from our mail order service'. A social media share icon shows 33K shares. A sidebar on the left lists categories: 'About depression', 'Symptoms', 'Causes', 'Self-care for depression' (highlighted), 'Treatment', 'For friends and family', and 'Useful contacts'. The main content area is titled 'What can I do to help myself?' and includes a sub-section 'Look after yourself' with a list of tips: 'look after yourself', 'practise self-care', 'keep active', 'challenge your low mood', and 'connect with people'. Another sub-section 'Get good sleep' provides advice on sleep and mood.

Bee-U: Self Help

<https://camhs.mpft.nhs.uk/beeu>

Kooth

Kooth provide an anonymous 24-hour online service offering peer support, self-help and have trained counsellors to talk to. Anyone aged 11-25, living in Shropshire and Telford & Wrekin, can register to access this service and you don't need to be referred or have an appointment.

Whilst the website is available 24 hours, there will be someone to talk to online at the following times:

- 12:00 to 22:00 (Monday to Friday)
- 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

For more information visit Kooth – www.kooth.com

The Children's Society

The Children's Society deliver health promotion, prevention and early help and support as well as working with young people to aid transition/sign posting to other services or resources. Drop in sessions are available in Shrewsbury and Telford.

BEAM Telford

Mondays 2:00pm-6:00pm

Hollinswood Neighbourhood Centre, 7 Downmead, Hollinswood, Telford TF3 2EW

BEAM Shropshire

Thursdays 2:00pm-6:00pm

Palmer's Coffee Shop, Belmont Church Claremont Street, Shrewsbury SY1 1QG

You don't need to be referred or have an appointment. For more information you can email at AskBeam@childrenssociety.org.uk

For more information about The Children's Society please visit www.childrenssociety.org.uk