

## **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 page for depression self-care. 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'. The 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.' Below this, there are options to 'Download PDF (510.0K)' and 'Order printed copies from our mail order service'. 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 list of self-care tips: 'look after yourself', 'practise self-care', 'keep active', 'challenge your low mood', and 'connect with people'. A section titled 'Look after yourself' includes a tip about 'Get good sleep'.

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/>

The screenshot shows the Young Minds website's page for supporting a child with depression. The header includes the Young Minds logo and navigation links: 'ABOUT US', 'TRAINING', 'RESOURCES', 'SHOP', 'BLOG', 'CONTACT US', and 'MY BASKET'. A secondary navigation bar contains 'Find Help', 'Get Involved', 'What We Do', a search bar, 'Parents Helpline', and 'Donate'. The breadcrumb trail reads: 'You are here: Home / Find Help / For Parents / Parents Guide To Support A-Z / Parents Guide To Support - Depression'. The main image features a young woman with a thoughtful expression. A white text box on the left reads: 'Supporting Your Child With Depression. If you're worried that your child is struggling with depression, here is our advice and information on where you can get support.' A 'Find out more' box on the right provides a link to the 'Parents Guide To Support A-Z'. At the bottom, a section titled 'How can I help my child?' includes the text: 'Coping with different emotions is part of everyone's life. We all feel happy and sad at different times.'

## Bee-U: Self Help

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

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### **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](http://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 Downemead, 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](mailto:AskBeam@childrenssociety.org.uk)

For more information about The Children's Society please visit [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

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