Depression and Low Mood

Mood Juice: Self Help Guide

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





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



An NHS self help guide



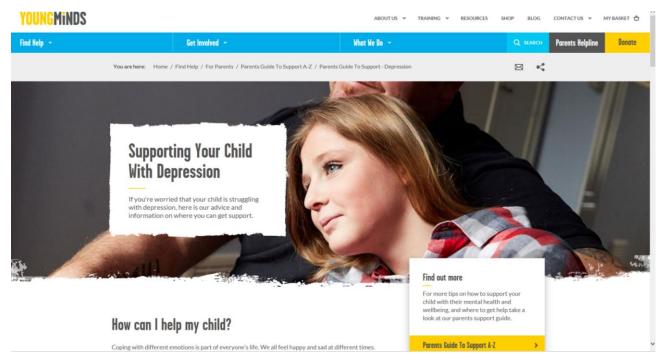
Mind: Self-care advice for sufferers of depression

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



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/



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 – $\underline{www.kooth.com}$

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.

REAM Telfor

Mondays 2:00pm-6:00pm

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

BEAM Shropshire

Thursdays 2:00pm-6:00pm

Palmers 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 AskBoam@childrenssociety.org.uk

For more information about The Children's Society please visit $\underline{\text{www.childrenssociety.org.uk}}$