

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%20A4%202016%20FINAL.pdf>

Depression and Low Mood

An NHS self help guide

NHS

Northumberland,
Tyne and Wear
NHS Foundation Trust



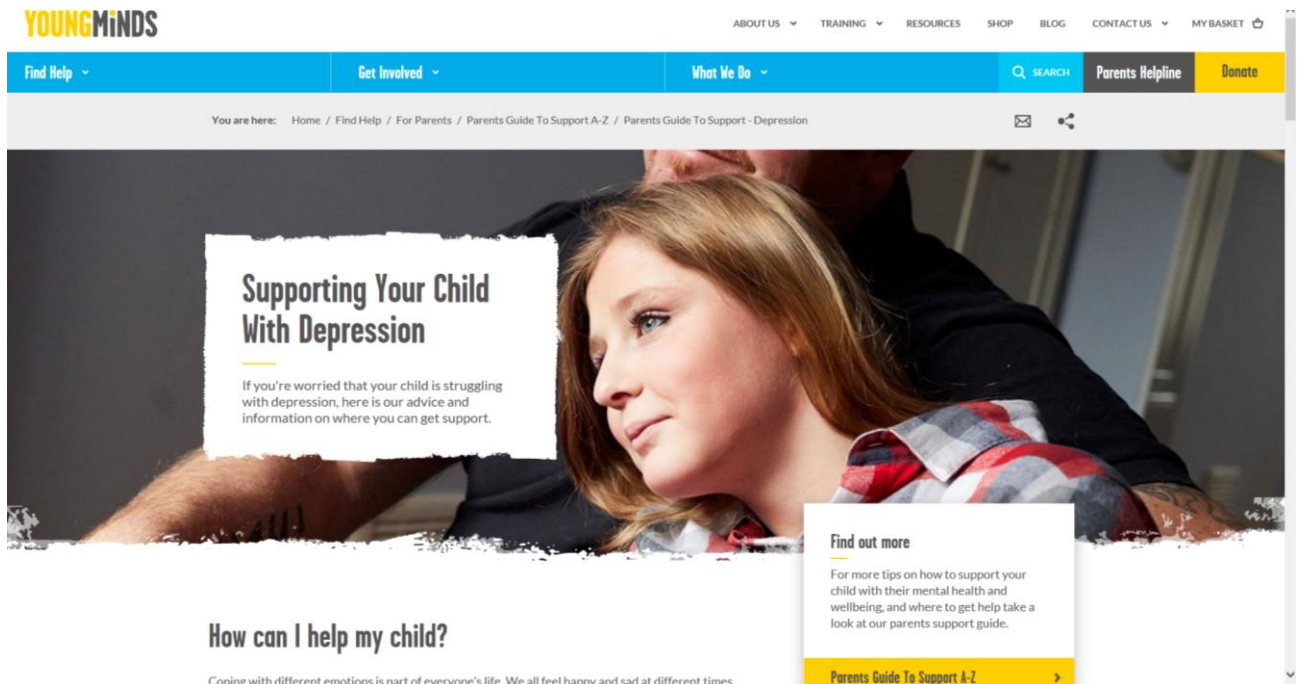
Mind: Self-care advice for sufferers of depression

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



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://beeu.org.uk/self-help/>

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
