

## Depression

Depression is a mental health difficulty that involves persistent low mood (continuing for a long time). It impacts the way people feel, think and behave. Depression can happen as a reaction to a difficult experience such as bullying, bereavement or family relationship difficulties, but it can also happen without any obvious trigger or reason.

How can depression make you feel?

People with depression can feel a range of emotions including sadness, stress, hopelessness, irritability, loneliness, anger, emptiness or feeling numb. People with depression often have negative thoughts about themselves, other people, the future, or life in general. It can also be difficult to carry out usual routines and tasks such as showering, brushing your teeth, eating and sleeping.

What affect can depression have on daily life and relationships?

People with depression often stop enjoying activities that they used to enjoy, or stop seeing friends as they feel tired or have no energy or motivation. People with severe depression or depression that has been going on for a long time can sometimes have thoughts or urges to harm themselves or to end their lives. When a person feels like this, it is important to let others know how you are feeling, so that they can work with you and your family to develop a plan to keep you safe.

Are you able to recover from depression?

Depression isn't something people can 'snap out of' or simply 'cheer up' from. When you are struggling with low mood and depression, it can affect many aspects of your life. The good news is that depression is treatable and people can recover. CAMHS is able to support young people and families through this process of change, using approaches based on the latest research.

For further help and support, visit <https://sussexcamhs.nhs.uk/help-im-in-crisis/>

