

**Changes in Feelings**

Low mood/sad/crying easily  
Feeling guilty, worthless,  
irritable &/or anxious  
Feeling uninterested in things  
that are usually enjoyable  
Feeling really bored

**Behaviour Changes**

Not getting on as well with  
friends  
Finding practical looking after  
ourselves hard e.g., eating,  
sleeping, keeping ourselves &  
where we live clean & tidy to  
care for self  
Not going to school  
Increase in use of alcohol or  
drugs

**Young people who are  
experiencing  
depression are  
usually experiencing  
some or many of the  
following things:**

**Changes in Thoughts**

Difficulty thinking & making  
decisions  
Thinking that the situation is  
hopeless & we are helpless  
Poor concentration  
Thoughts of death or suicide

**Physical Changes**

Change in appetite or weight  
Change in sleep, e.g. waking  
up during the night, finding it  
hard to get to sleep, or  
sleeping more than usual  
Loss of energy or motivation,  
feeling tired & run down