



Rethink  
Mental  
Illness.

# What is depression?

**Everyone has times when they feel stressed, upset or down – and it's normal to feel disappointed when things don't go as you hoped. These feelings will come and go from time to time and generally, don't last very long.**

It is when the low feelings or down mood, along with other symptoms, lasts for more than a couple of weeks that a person may have depression (sometimes referred to as clinical depression).

Depression is a lot more common than most people think. It can affect people of all ages and in many different ways.

**Some of the signs and symptoms include:**

- Feeling hopeless or worthless.
- A loss of appetite.
- Feeling very tired or on the other hand, agitated and unable to concentrate on anything.
- Finding it hard to sleep, to study or to find pleasure in hobbies.
- Avoiding friends or feeling like they want to harm themselves.

Depression can happen suddenly as a result of some difficult life experience, or can emerge more slowly, with no clear reason for it.

Either way, it's important to understand that depression is not a weakness, it is a recognised mental health issue and it is important that a person with depression gets help.

## For more info

Visit our website at  
[www.rethink.org/youngpeople](http://www.rethink.org/youngpeople)

If you want to talk to someone about anything that is worrying you childline offer a free helpline for young people which you can call on – **0800 1111** or visit at [www.childline.org.uk](http://www.childline.org.uk)



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