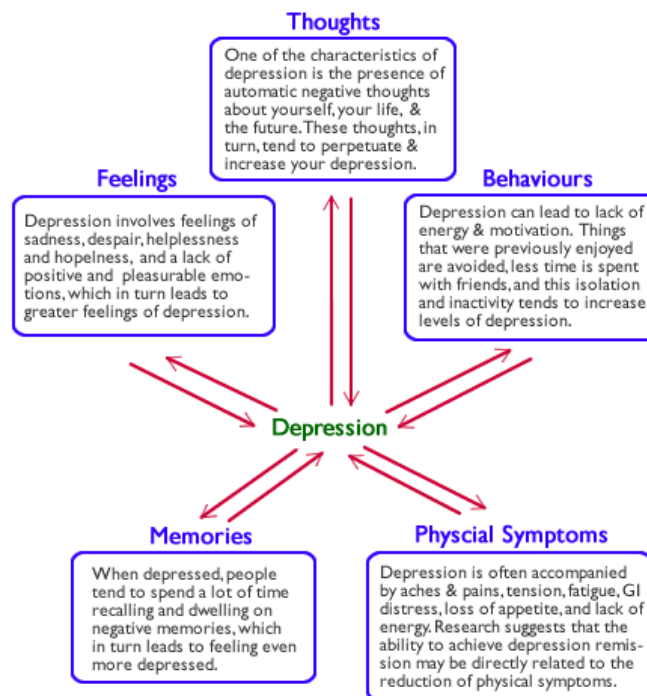


# Depression



The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact [ShropshireFIS@shropshire.gov.uk](mailto:ShropshireFIS@shropshire.gov.uk) and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website [www.shropshire.gov.uk/early-help](http://www.shropshire.gov.uk/early-help).

## **What is depression?**

We often use the expression 'I feel depressed' when we're feeling sad or miserable about life. Usually, these feelings pass in due course. But, if the feelings are interfering with your life and don't go away after a couple of weeks, or if they come back, over and over again, for a few days at a time, it could be a sign that you're depressed in the medical sense of the term.

### **Supporting Information:**

#### **Local:**

#### **Shropshire CAMHS – Children's Mental Health**

CAMHS is a multidisciplinary community based service designed to meet the mental health needs of children 0 to 18 years of age, (including those with learning disability), across Telford and Shropshire.

Address: Coral House, 11 Longbow Close, Harlescott Lane, Shrewsbury, Shropshire SY1 3GZ

Tel: 01743 450800

With the exception of emergency referrals, requests relating to child and adolescent mental health that would previously have been referred to CAMHS will now be coordinated at Compass (FPOC 03456789021)

<http://www.shropscommunityhealth.nhs.uk/rte.asp?id=11321>

#### **Shropshire Psychological Therapies (IAPT)**

Welcome to Shropshire Primary Care Psychological Therapies Service. We aim to improve health and wellbeing by offering a range of help, advice, life skills courses, supported self-help, groups and individual therapies for everyone aged 16 and over (that have finished their GCSE'S)

CAN REFER SELF TO THE SERVICE or contact GP to refer:

Severn Fields Health Village, Sundorne Road, Shrewsbury, Shropshire SY1 4RQ

Telephone: 0300 124 0358

Email: [iapshropshire@nhs.net](mailto:iapshropshire@nhs.net)

We also offer appointments at various venues across the county of Shropshire.

### **IAPT also offer FLASH clinics:**

The FLASH (Focused, Learning and Self Help) Clinics are based on guided self-help, which enables a person to learn new skills and tools to cope with common mental health problems.

The course can help with:

- Anxiety
- Stress
- Depression and Low Mood
- Social Anxiety
- Low Self Esteem
- Sleep Problems
- Self-Harm

### **Targeting Mental Health Support – School/Service approach**

Schools are places of significant influence on children's growth, where they learn about relationships, develop self-esteem and build resilience.

TAMHS provides information on the targeted interventions/strategies that can be delivered by staff working directly with young people on a one-to-one or group basis to support different emotional needs.

Not all schools have these programmes in place, please check with school.

Contact Naomi O'Hanlon - TAMHS project manager 01743 360501

<http://shropshire.gov.uk/media/520247/TAMHS-Mental-Health-Toolkit.pdf> (Tool Kit)

### **Shropshire School Nurse Service:**

The school nurse service aims to promote and support the health and wellbeing of all school aged children aged five to 19 years old. School nurses work together with children, young people, parents, carers and professionals to help keep children healthy throughout their school years.

**Shrewsbury** Tel: 01743 277673 / 277675

**Oswestry**: Tel: 01691 663610

**Wem** Tel: 01939 235277

**Bridgnorth** Tel: 01746 711953

**Ludlow** Tel: 07896 812 233

**Market Drayton** Tel: 01630 656974

<http://www.shropscommunityhealth.nhs.uk/school-nurses-shropshire>

### **Shropshire Health Visitors:**

Health visitors offer support and advice to families on a variety of topics which include promotion and management of breastfeeding, supporting new mothers with post-natal depression, parenting programmes and putting parents in touch with a variety of specialist services that can support them and their child's healthy development.

**Oswestry:** Tel: 01691 663608

**Wem / Whitchurch** Tel: 01939 232981

**Shrewsbury** Tel: 01743 452300

**South East Shropshire** Tel: 01746 711958

**Market Drayton** Tel: 01630 692929

**South West Shropshire** Tel: 01588 676321

<http://www.shropscommunityhealth.nhs.uk/health-visiting>

### **Mind**

Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect.

Shropshire MIND - Observer House, Holywell Street, Shrewsbury SY2 6BL.

Tel: 01743 368647

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/>

### **Inspiration Blue- Depression Support Group:**

Don't be alone with your depression. Come along to a motivational support group. Free, safe and discreet

Betty's Bazaar & Tea Room, 11 English Walls, Oswestry, SY11 2PA

Mondays - 10:30am.

Telephone 0759318902

<http://search3.openobjects.com/kb5/shropshire/fid/organisation.page?id=dO9ME0fc3Ts>

## **Rethink Shrewsbury Carers Support Group**

If you have depression or if you think you might have Post Natal depression. It gives information on the symptoms and causes of depression, as well as the treatments the NHS may offer you. It can also help you if you're a carer, friend or relative of someone with Post-Natal depression

Ann Williams - 07966 445555

[shrewsburycarersgroup@rethink.org](mailto:shrewsburycarersgroup@rethink.org)

Oasis Room, Ground Floor of the Wenlock Building, Redwoods Centre Shrewsbury, Shropshire, SY3 8DN.

## **Number Five Cafe**

The Hive in partnership with the Shrewsbury Psychology Centre and Mind Shropshire are offering a drop in cafe for young people aged 16-21. The drop in cafe will provide a safe place to seek support and share experiences.

Wednesday's 3:30pm

Telephone 01743 234970

The Hive, 5 Belmont, Shrewsbury, Shropshire, SY1 1TE

## **Shropshire Young Health Champions**

Shropshire Young Health Champions are young people who are interested in supporting healthy and happy lives in Shropshire.

Peer support for 16-25 year olds

Phone 01743 277 593

Email [younghealthchampions@shropshireccg.nhs.uk](mailto:younghealthchampions@shropshireccg.nhs.uk)

Address William Farr House, Shrewsbury SY3 8AS

[https://www.facebook.com/pages/Shropshire-Young-Health-Champions/1524960241060756?sk=timeline&ref=page\\_internal](https://www.facebook.com/pages/Shropshire-Young-Health-Champions/1524960241060756?sk=timeline&ref=page_internal)

## **Local Counselling Services**

[http://search3.openobjects.com/kb5/shropshire/fid/public\\_shortlist.page?publicid=xzABY-e-69U](http://search3.openobjects.com/kb5/shropshire/fid/public_shortlist.page?publicid=xzABY-e-69U) (Confide, Bridge, The Green Oak foundation)

## **National:**

### **National Depression UK:**

Depression UK promotes mutual support between individuals affected by or at risk from depression, with the aim of encouraging self-help, recovery and personal growth. We try to help our members by enabling them to share their thoughts and problems with fellow sufferers, because they know better than any non-depressed professional or carer does what it really feels like to suffer from depression.

Information Line: 0870 774 4320 (this is not a Helpline)

<http://www.depressionuk.org/index.shtml> (website) [info@depressionuk.org](mailto:info@depressionuk.org) (email)

### **Samaritans:**

#### **If you're under 18**

Anyone can contact Samaritans and all information stays completely between us, no matter how old you are. Samaritans' primary responsibility is to you, not your parents or guardian. We're there for people when they need us, which could be any time of day or night. Talk to us any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal.

Call us: 08457 90 90 90

<http://www.samaritans.org/about-us>

### **North UMBERLAND, Tyne and Wear NHS Foundation Trust**

Depression Leaflet:

<http://www.ntw.nhs.uk/pic/leaflets/Depression%20A4%202015.pdf>

### **ChildLine**

Many young people feel down when life seems really hard or it feels like no one understands you. It's normal to feel like this sometimes. If sad thoughts and feelings are stopping you from enjoying life, or you feel that life isn't worth living, then it might help to talk to someone who can listen to you and understand what you're going through.

<http://www.childline.org.uk/explore/feelingsemotions/pages/depressionfeelingsad.aspx>

### **Young Minds:**

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice.

[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

### **Together:**

Together is a national charity working alongside people with mental health issues on their journey towards independent and fulfilling lives.

<http://www.together-uk.org/>

### **NHS Choices:**

Depression is more than simply feeling unhappy or fed up for a few days. We all go through spells of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-and-depression.aspx>

<http://www.nhs.uk/Conditions/Depression/Pages/Introduction.aspx> (Clinical Depression)

<http://www.nhs.uk/conditions/Postnataldepression/Pages/Introduction.aspx>  
(Postnatal Depression)

### **Patient information and practical advice website:**

<http://www.ntw.nhs.uk/pic/selfhelp>

<http://www.ntw.nhs.uk/pic/leaflets/Depression%20A4%202015.pdf> (Depression leaflet)

### **Living Life to the full:**

On Line Support, helping you to help yourself

We are keen to help people to use the **Living Life to The Full** site effectively, however we hope that users understand that with several million hits a month it is not possible for us to respond to all questions.

You can contact us by email at: [enquiries@livinglifetothefull.com](mailto:enquiries@livinglifetothefull.com)

## **Bipolar UK**

We give practical information, support and advice throughout our website and in our free downloadable leaflets.

For practical bipolar advice you can contact us on 020 7931 6480, Monday to Friday, 9am to 5pm. The telephone lines can get very busy, so you may prefer to email us on [info@bipolaruk.org.uk](mailto:info@bipolaruk.org.uk)

<http://www.bipolaruk.org.uk/> (Website)

<http://www.bipolaruk.org.uk/information-leaflets> (Information Leaflets)