

# Depression Safeguarding Fact Sheet

## Depression

Most people associate being depressed with feeling sad, or a bit down. However, there is a difference between feeling sad and being depressed: everyone feels unhappy at some point, usually for a reason, and these feelings will go away – whereas people with depression will usually experience prolonged feelings of despair, hopelessness, and anxiety, and these feelings do not go away. On average, this can last between six months and a year.

### What are the symptoms to look out for?

There are many symptoms of depression. Whilst some of the symptoms listed below could be a result of other causes, if you are experiencing four or more of these symptoms for two or more weeks, you may be depressed:

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability
- Loss of energy
- Self-loathing
- Reckless behaviour
- Concentration problems
- Unexplained aches and pains.

For a full list of symptoms, visit the NHS information page on symptoms of depression <https://www.nhs.uk/mental-health/conditions/depression/>

If you, or someone you know, are experiencing mental ill health and do not have any support in place/would like someone to talk to, please contact The Skills Network's Designated Safeguarding Lead, Paul Wakeling (Director of Curriculum and Quality), via email at [safeguarding@theskillsnetwork.com](mailto:safeguarding@theskillsnetwork.com) or on 01757 600706'.

## Helplines & Support

### Samaritans

Confidential support for people experiencing feelings of distress or despair.

- Phone: 116 123 (free 24-hour helpline)
- Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### Mind

Promotes the views and needs of people with mental health problems.

- Phone: 0300 123 3393 (Mon to Fri, 9am to 6pm)
- Website: [www.mind.org.uk](http://www.mind.org.uk)

### CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

- Phone: 0800 58 58 58 (daily, 5pm to midnight)
- Website: [www.thecalmzone.net](http://www.thecalmzone.net)

