

DEPRESSION: SAFEGUARDING FACT SHEET



Safeguarding at
The Skills Network



the **skills** network

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](#)

If you are concerned that you are, or someone you know is, or may be, experiencing depression, please contact The Skills Network's Designated Safeguarding Lead, Stuart Allen (Director of Curriculum and Quality), via email at safeguarding@theskillsnetwork.com or on **07912 270020**.