

Things that have helped me

- Understanding what depression is
- Understanding my symptoms
- Understanding where my depression came from
- Understanding what keeps my depression going
- Setting goals
- Hearing about other teenagers' experiences
- Knowing that lots of other people feel like I do
- Putting together an emergency toolkit
- Knowing who to speak with about my thoughts and feelings
- Talking to my GP about how I feel
- Talking to my parents/teacher/other responsible adults
- Finding out about how to look after myself (e.g. food, exercise)
- Knowing how to tackle sleep problems
- Getting more information and facts about depression
- Understanding the CBT links and how CBT works
- Understanding about how activity helps
- Being more active and doing things I used to enjoy
- Regularly reviewing my goals
- Understanding that how I think is closely related to how I feel

Am I Depressed and What Can I Do About It?

- Changing the way I think about things
- Setting up fact finders and putting things to the test
- Solving problems more often
- Using relaxation strategies
- Improving my relationships and being more assertive
- Noticing things that are OK
- Being a bit nicer to myself
- Being more in the here and now
- Accepting things that can't be changed for now
- Acting as if I feel better
- Being more OK with being me
- Looking up websites or contacting other organizations for more information and help

Other things I have noticed, situations and strategies that seem to work for me:
