

## LOW MOOD AND DEPRESSION

### **NHS**

Information and advice on low mood, sadness and depression

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

Information about depression, including a self-assessment tool

<https://www.nhs.uk/conditions/clinical-depression/>

Tips for coping with depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/>

6 tips to help you be happier, more in control, and able to cope better with life's ups and downs

<https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/>

### **Every Mind Matters**

Information about low mood and how to improve your mood

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/>

### **Mind**

Information about depression, tips for caring for yourself and how to access help.

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

### **Rethink Mental Illness**

Information about depression

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/>

### **Mental Health Foundation**

Information on the symptoms and causes of depression, and where to get support

<https://www.mentalhealth.org.uk/a-to-z/d/depression>

### **Healthtalk.org**

Videos of people from the UK sharing their personal experiences of depression

<https://healthtalk.org/depression/overview>

### **Young Minds**

Information about depression for young people, including a link to advice for parents who may be worried about their child

<https://youngminds.org.uk/find-help/conditions/depression/>