

# Are You Depression Aware?

## Communicate

Ensure ongoing communication with the young person, giving regular feedback on their progress and achievement along with reassurance. Ensure they know who to ask should they need someone to listen. A home-school communication system can be useful.

## Collaborate

Mental health conditions can be complex and require support from a variety of outside agencies. Early referrals to relevant agencies can ensure the necessary professional support is gained.

## Encourage

Use positive language to raise young people's self-esteem and gently encourage them to take part in enjoyable activities in and out of school.

## Be Supportive

Provide a 'key worker' who can regularly meet with the young person and offer support with managing homework, revision and self-organisation skills.

## Be flexible

Make small adjustments to activities, such as allowing extra time to complete tasks, working in a pair or small group, offering support with exam or study skills and planning opportunities for young people to experience success.

