



## DEPRESSION RESOURCE PACK

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This pack contains some useful self-help recommended by Blackpool CAMHS.

**Blackpool Child and Adolescent Mental Health Service**

**Whitegate Drive Health Centre**

**150-158 Whitegate Drive**

**Blackpool**

**Lancashire**

**FY3 9ES**

**Telephone: 01253 957160**

## **Useful Websites and Self-Help Materials**

- <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/depression-in-children-and-young-people-for-young-people>
- <https://youngminds.org.uk/find-help/conditions/depression/>
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression>

These links describe common symptoms of depression and explain what help there is available.

- <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/depression-in-young-people---helping-children-to-cope-for-parents-and-carers>
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-depression/>

These links provide information for parents on how to support young people with depression.

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

This link provides tips on coping with depression.

- <https://mindedforfamilies.org.uk/young-people>

This link describes common problems and explains how parents can support young people.

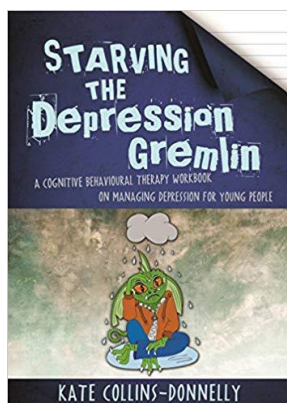
- <https://www.moodjuice.scot.nhs.uk/Depression.asp>

This is a self-help guide based on cognitive behaviour therapy principles for depression.

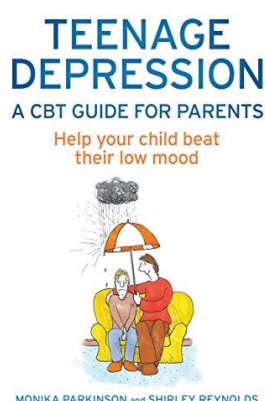
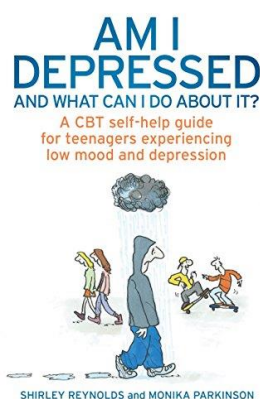
- <https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>

Information about self-help therapies, such as cognitive behaviour therapy, to deal with depression are given in this link.

## Books



Starving the Depression Gremlin: a Cognitive Behavioural Therapy Workbook on Managing Depression for Young People by Kate Collins-Donnelly (2019)



Am I Depressed and What Can I do About It?: A CBT self-help guide for teenagers experiencing low mood and depression by Shirley Reynolds and Monika Parkinson (2015)

Teenage Depression: A CBT Guide for Parents: Help your child beat their low mood by Monika Parkinson and Shirley Reynolds (2015)

## Apps

NHS recommended apps can be found at the following links:

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>

## Local and Crisis Services

### Blackpool CAMHS:

Open Monday to Friday between 9am-5pm. You can call 01253 957160 should a young person's mood, anxiety or behaviour deteriorate and cause concern. You can ask to speak to the young person's care co-ordinator if they have already accessed the service. If not, or if you are concerned about immediate risk, you will be directed to the duty practitioner. They will be able to provide support and guidance as to whether an urgent appointment can be arranged, provide safety advice or can advise on whether the young person needs to attend A&E for immediate support.

### **CASHER (Child & Adolescent Support & Help Enhanced Response Team):**

Provide out of hours service from 5pm till 10pm Monday-Friday and 10am to 8pm Saturday and Sunday. The CASHER Team are based at Blackpool Victoria Hospital. They see young people up to the age of 25 who require mental health support out of normal hours. They also run a weekend clinic from 2pm-3pm every Saturday and Sunday.

A group for 10-16-year olds is additionally operated:

- Every Tuesday at Talbot & Brunswick Family Centre, Gorton Street, Blackpool between 6-8pm
- Every Wednesday at The Zone, Fleetwood between 6.30-8.30pm.

The CASHER Team phone will be answered between the shift hours on **07810 696565**.

### **YOUTHERAPY:**

Youtherapy offer counselling to young people aged between 11-25 years old. They can provide support if:

- You have found yourself in a situation that makes you feel anxious, unhappy, confused or angry.
- You are aware of a behaviour you would like to change.
- You are struggling with situations in your life, such as self-harm.

You can self-refer by telephone: **01253 955858** for enquiries Monday to Friday 9am – 5pm. If for any reason you are not coping and need someone to talk to, you are welcome to attend the drop-in sessions which are every Wednesday between 3:30pm and 5.00pm at Connect, 26 Talbot Road, Blackpool, FY1 1LF.

### **Young Minds:**

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to [85258](https://www.youngminds.org.uk/crisis-messenger).

They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support.

The crisis messenger service can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship issues