





DEPRESSION



SUPPORT SOURCE	DESCRIPTION
<p> Depression - stem4 Depression - for parents/carers - stem4</p> <p> Home - Move Mood App</p> <p> Teenage depression - Family Lives</p> <p> Depression Signs & Symptoms of Depression YoungMinds Parents Mental Health Support Advice for Your Child YoungMinds Parents Helpline Mental Health Help for Your Child YoungMinds Mental Health Support For Young People YoungMinds</p>	<p>Most people, including children and adults, feel low occasionally. This is a normal reaction to events that are stressful or upsetting. It is even more common for teenagers to be affected by a range of moods, particularly feeling 'blue'. Stem4 have a range of resources for students, parents and friends.</p> <p>Move Mood is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood by encouraging you to increase your motivation to carry out a variety of tasks in order to help you to move forward, take control and feel positive.</p> <p>An information page on spotting the signs of depression and supporting your teenagers.</p> <p>Young Minds provide support for teenagers and parents alike. They identify signs of depression that a teen might feel/show and suggest ways to support the young person. Young Minds pages have links to other sources of help as well as guides and information to help.</p>