

Mental health and depression

Depression was raised as a health problem in several discussion groups. These are excerpts from some of these discussions.

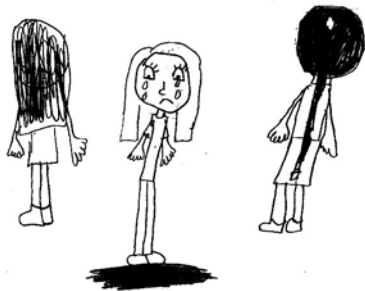
When asked how big a problem depression was for young people:

"About a third" [in our school]

"This boy in our class said he might kill himself."

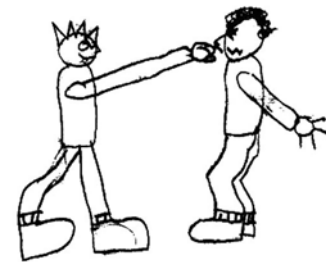
"Yes millions – some people just for a short time if they are good at meeting people – but if they are not very good it may be long."

In reply to questions about where depression came from:



"Bullying or no friends."

"Carries on from primary"



"These girls are leaving me out and it's making me so sad feel sick"

"Someone was bullying me and discouraging me. I feel really sad and afraid he might do it again."

"I am not happy because I don't like eating so it makes people stare at me for looking unhealthy. It makes me unhappy because people say things about me like I am not right in the head."

"My step-dad hits me and my mum. I started smoking. Mum got bruises and bleeding. Can't stop smoking. Every time I see a fight I join in. I sometimes wish I were dead."

"It would be better if these things didn't happen and people made you feel better about them and these flashbacks didn't happen and I stopped thinking about them."

What might help

Could you go to someone like the school nurse or a teacher?



"The School nurse is never in; people might think you have nits."

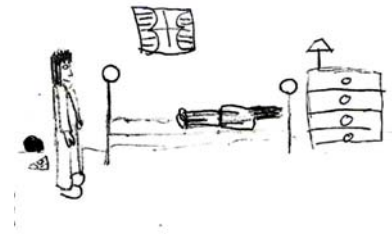
"Some of our teachers are OK – you could go to the one you like."

"My bestest ever friend came and helped me and told me I was not fat, and I felt a lot better. That the media don't show only skinny people but also curvy people."

"Couldn't tell the teacher in primary."

"You can go to the guidance teacher – they would help."

"Has to be private, so nobody knows you need help."



"Support groups – older understanding people – offering support to young people"

"Somewhere to take problems"

"My mum is cheering me up by approving me and reassuring me."

"[Person] would need to understand young people's situation."

"Would need to know about their problems – about abuse - about smoking and alcohol and drugs"

Mum, Dad, Brother, Family,
Teachers.

I think a bubble wall is good we had it in P7 so if you have a problem you put a post-it pad sticky thing with your name on it and the teacher will set aside time to talk to you.

I never used it though but it helped others.

In one school the school nurse had a drop-in lunch time session when young people could get an appointment and speak about anything that was concerning them. It was kept confidential unless someone was at risk of harm.