Where to get help?

• Talk to somebody you trust and who cares. Somebody who is willing to listen.
• Seek professional help. There are people trained to help people suffering from depression. Speak to a social worker at your local clinic or a psychologist or psychiatrist.

Remember, depression doesn't show itself the same way with everyone. Only a trained professional should diagnose someone with depression. If you think that you, or someone you know may have depression, seek professional help. Start by calling the numbers below to speak to a counselor.

- ChildLine: 0800 055 555 FREE (Toll Free)
- LifeLine: 011 728-1347
- The South African Depression and Anxiety Group (SADAG): 011 234 4837 or 0800 20 50 26 to speak to a trained counselor
- SADAG Suicide Crisis Line: 0800 567 567 or SMS 3139
- SADAG Mental Health Line 011 234 4837

Where to get help?

• Talk to somebody you trust and who cares. Somebody who is willing to listen.
• Seek professional help. There are people trained to help people suffering from depression.
• Speak to a social worker at your local clinic or a psychologist or psychiatrist.

Remember, depression doesn't show itself the same way with everyone. Only a trained professional should diagnose someone with depression. If you think that you, or someone you know may have depression, seek professional help. Start by calling the numbers below to speak to a counselor.

ChildLine: 0800 055 555 FREE (Toll Free)
LifeLine: 011 728-1347

The South African Depression and Anxiety Group (SADAG): 011 234 4837 or 0800 20 50 26 to speak to a trained counselor
SADAG Suicide Crisis Line: 0800 567 567 or SMS 3139
SADAG Mental Health Line 011 234 4837
Am I depressed?

You may be depressed if you are experiencing any of the following:

- I feel helpless and hopeless. When you feel like you can’t do anything to change the situation or you believe it’s impossible for it to change, you may be depressed.
- I have little or no energy. This may include always feeling tired even when you’ve had enough rest. You might not want to get out of bed.
- I don’t feel motivated to do anything. Not even wanting to get out of bed in the mornings. Not going to work or family gatherings.
- I’m struggling to concentrate. When your mind is scattered and you can’t pay attention to one task long enough to complete it.
- I have physical symptoms (headaches, fatigue, changes in weight: either losing or gaining a lot of weight).
- I don’t want to see anyone! You feel like you want to isolate yourself from friends and family members and even stop doing the activities you once enjoyed together.
- I want to hurt myself. You hurt yourself by cutting or pinching and you don’t know why.

Your teenage years (adolescence) can be a stressful time emotionally, socially and physically. You can feel like you are going totally crazy and that you just can’t cope with it all. Everything hurts! There can be so many stressful things to deal with! School work may be too much and too demanding. You might feel that you will never be able to catch up. Your friends aren’t always there, your body is changing and that can be confusing! You might even be dealing with unemployment! Figuring out who you are and where you want to be in your life can be frightening!

So what can you do?

There is always hope. It’s important to be in touch with what you are feeling and know that you’re not alone – there are people you can talk to for help and support!!

What are the signs and symptoms of stress?

• Avoidance or panic attacks. This is when you have suddenly breathing and your heart is beating too fast. You may feel afraid and panic.
• Physical symptoms. You may develop headaches, stomachache, or a skin rash.
• Changing sleeping patterns. You may have difficulty falling asleep, or waking up.
• Substance abuse. You may find you are drinking more alcohol or using drugs to cope.
• High heart rate. Your heart might beat much faster than usual.

What is depression?

It is normal for everyone to have feelings of sadness, but for people living with depression it is much more than feeling a little blue now and then. Depression is a long-term mood disorder that includes prolonged feelings of sadness, discouragement, and hopelessness that can last for weeks, months, or even longer.

What are the signs and symptoms of stress?

• Stress can show up in many ways. Here are a few ways it can debilitate and disturb your life.
• Anxiety or panic attacks. This is when you have difficulty breathing and your heart beats really fast. You may feel afraid and panic.
• Physical symptoms. You may develop a headache or a skin rash.
• Changing sleeping patterns. You may have difficulty falling asleep, or waking up.
• Substance abuse. You may find you are drinking more alcohol or using drugs to cope.
• High heart rate. Your heart might beat much faster than usual.

What is stress?

Stress is your body’s way of responding to emotional and physical demands. We call this the fight or flight response.

When you feel threatened, physically or emotionally, your nervous system responds by releasing a flood of stress hormones including adrenaline and cortisol.