



Depression in Children & Young People

Introduction

According to the Royal College of Psychiatrists, 'depression usually starts in the teen years, more commonly as children near adulthood. They state that 'feeling sad is a normal reaction to experiences that are stressful or upsetting. However, when these feelings go on and on, take over your usual self and interfere with your whole life, it can become an illness' (2016).

Depression rates in children and young people have increased by 70% in the last 25 years (Royal College of Psychiatrists, 2016). It is important that those working with children and young people know the signs to look out for alongside how to get support for these young people. No previous knowledge is required.

This course is designed to give practitioners an introduction to depression in children and young people.

Learning Outcomes

By the end of the session delegates will be able to:

- Define what depression is and some of the reasons why young people may develop depression.
- Demonstrate an increased understanding of what interventions are appropriate for depression from both universal, targeted and specialist services.
- Give examples of what services and resources are available locally to support young people with depression.

Audience	Youth, Sports and Culture, Social, Family and Voluntary Support, Justice and Crime Prevention, Health, Education, Early Years and Childcare, Business Support
Age Ranges	0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 11 - 19 yrs / 19+ yrs
Trainer	Catherine Macgregor, Christina Hutton

Start Date	Venue	Times	Event Code
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