

*'AS HIGH TUNSTALL LEARNERS WE
INSPIRE ONE ANOTHER BY GETTING
INVOLVED, BEING IMAGINATIVE AND
ENJOYING CHALLENGES*

*AS HIGH TUNSTALL LEARNERS WE
SUPPORT ONE ANOTHER BY SHOWING
RESPECT, BEING POSITIVE AND
HAVING PRIDE IN OUR COMMUNITY*

*TOGETHER, AS HIGH TUNSTALL
LEARNERS WE CAN ACHIEVE*

*THE HIGH TUNSTALL LEARNER – EMBRACE
EVERY OPPORTUNITY'*



CONTACT US

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The High Tunstall guide to ...

DEALING WITH DEPRESSION

WHAT IS DEPRESSION?



Depression is more than simply feeling unhappy or fed up for a few days. Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days. Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together". The good news is that with the right treatment and support, most people with depression can make a full recovery. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...



WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

For more information please speak to your tutor, Year Leader of SSO. If you would like any further advice and guidance in school please speak to Mr Leary. Mr Leary is usually based in the North Building but will be regularly around College each day. He will be available at the end of the school day for conversations.

METHODS OF SUPPORT

HELPFUL WEBSITES

Young Minds: Information on child and adolescent mental health. Services, including useful help, guidance and support on Depression. www.youngminds.org.uk



Samaritans: Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk



HELPFUL APPS

Moodpath: Depression & Anxiety: Unsure of what your moods mean? Moodpath offers a mental health assessment that can help you make the judgment call about exploring professional treatment.



Youper: An assistant for managing depression. Chat back and forth with your assistant, who asks prompts that encourage you to think about your thought patterns. The app walks you through techniques you may need in the moment.



TUNNY TOP TIPS

- Stay in touch with people and talk
- Be more active
- Face your fears and challenge them – so not try to put them to one side
- Avoid substances
- Eat and drink healthily
- Give yourself a routine
- Stay in the present and try to avoid thinking about the past or the future