

Supportive contacts:

Health and wellbeing Centre:



01226 216 233



hwbc@barnsley.ac.uk



^ Health and Wellbeing Hub ^

IAPT (Improving Access to Psychological Therapies):



01226 644 900

Barnsley Mind:



01226 211 188

This self-help support guide offers information, apps, websites and helplines which can support you if you are feeling Depressed.

Need therapeutic support? You can fill our SPA referral form to access counselling:



Scan the code to access our counselling webpage



Support guide

What is Depression?

We can all feel low – Maybe things aren't working at home or college has become a problem. It is normal.

If you are feeling really down or feel low over a long period of time you may be depressed.

Depression is one of the most common mental illnesses and fortunately, there is plenty of support available.

Useful Apps:

Have access to a mobile phone? Here are some useful self-help apps:

+ CalmHarm



+ Headspace



+ Mind Doc



+ My Therapy



+ 7 Cups



+ Calm



Useful Websites:

+ YoungMinds



+ Rethink



+ TADS Barnsley



+ Chilypep



+ Samaritans



+ Mind



+ NHS



Meditation is a great way to help manage Depression! Check out this calm breathing bubble:



DEALING WITH DIFFICULT FEELINGS

@POSITIVELYPRESENT



1. NOTICE THE FEELING



2. NAME THE FEELING



3. SIT WITH THE FEELING



4. LET THE FEELING GO