

Inside the mind of a depressed young person

I feel numb

I know I'm feeling down but don't understand why or the extent of it

I feel like crying all the time

I always feel guilty and worthless

It feels like this black cloud is above me all the time

There are days where I feel living is not worth it anymore

I just don't fit in, I feel I don't belong in this world

I just can't concentrate on my work and I just don't know why

I feel like sleeping all the time

Some days are okay

I have no energy or motivation everything seems so hard

I feel achey but restless at the same time



Inside the student's mind

I want to understand more, I'm here to listen

What has worked in the past to help these feelings, can you do these again while we get you some support?

What would you like to happen today from this conversation?

Your life is just as important as everyone else's

This is nothing to be ashamed of

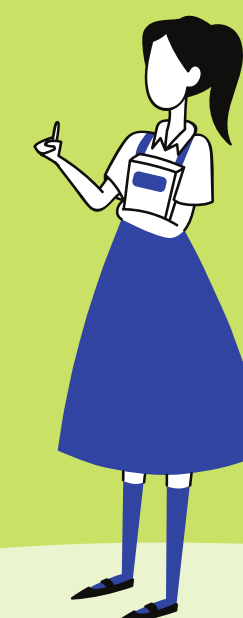
Let's create a plan together for your pathway to support. Firstly let's think of some things to schedule in a routine to get some structure in your day

I may not understand exactly how you feel, but you're not alone

Have you been able to speak to anyone at home about this?

Have you had any plans to harm yourself?

It might seem as though there's no end in sight, but with the right help this feeling temporary



What you could say