

## Depression

“A loss of interest and enjoyment in ordinary things and experiences...low mood and a range of associated emotional, cognitive, physical and behavioural symptoms.” (NICE 2007)

According to Public Health England over 68,000 children aged 5-16 are seriously depressed. Symptoms may include:

- Social withdrawal, anger or anti-social behaviour, low mood, complaints of aches and pains, poor self-esteem, absenteeism, tearfulness, insomnia or changes in appetite. (not an exhaustive list)

If you are concerned about a cadet then you should follow the Safeguarding Referral Process and speak with the unit or force safeguarding lead.

For more information please contact the [National Safeguarding Manger](#) who is also a trainer in youth mental health first aid and will be able to provide more guidance and information.

## Useful Resources

Mind: <https://www.mind.org.uk/>  
Telephone: 0300 123 3393  
Young Minds: <https://youngminds.org.uk/>  
Telephone: 0808 802 5544  
Child Line: <https://www.childline.org.uk/>  
Telephone: 0800 1111