

Escape. Connect. Relate.

Depression

Depression causes a constant feeling of sadness and loss of interest. It affects how you feel, think and behave.

Depression is the most common mental health concern in Scotland. It can affect anyone at any time and can have a number of causes.

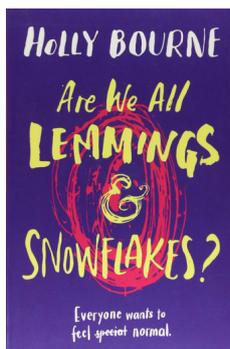
Depressive symptoms include: tiredness, loss of confidence, hopelessness, lack of concentration, insomnia, loss of appetite, feelings of guilt or sadness, thoughts of suicide.





ECR Suggested Reads

Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



Are We All Lemmings and Snowflakes?, by Holly Bourne

Welcome to Camp Reset, a summer camp with a difference. A place offering a shot at “normality” for Olive, a girl on the edge, and for the new friends she never expected to make – who each have their own reasons for being there. Luckily Olive has a plan to solve all their problems. But how do you fix the world when you can’t fix yourself?

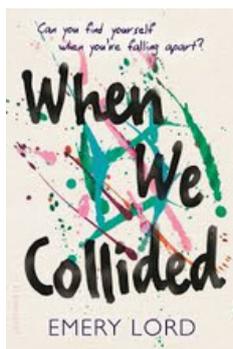
S3+, Bipolar Disorder



The Midnight Library, by Matt Haig

When Nora finds herself in the Midnight Library, she has a chance to make things right. Up until now, her life has been full of regret and she feels she has let everyone down. But the books in the Library enable Nora to live as if she had done things differently. She can now undo her regrets as she tries to work out her perfect life. But things aren't always what she imagined.

Senior, Depression, Suicide

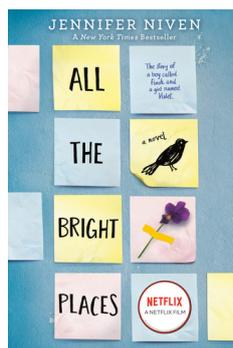


When We Collided, by Emery Lord

We are seventeen and shattered and still dancing. We have messy, throbbing hearts, and we are stronger than anyone could ever know...

In an unflinching story about new love, old wounds, and forces beyond our control, two teens find that when you collide with the right person at just the right time, it will change you forever.

S3+, Bipolar Disorder, Bereavement



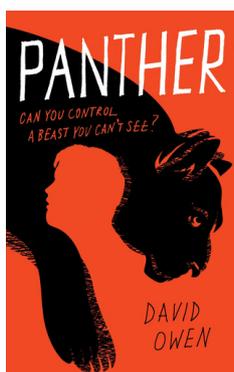
All the Bright Places, by Jennifer Niven

When Finch and Violet meet, it's unclear who saves whom.

It's only with Violet that Finch can be himself—a weird, funny, live-out-loud guy who's not such a freak after all.

And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink.

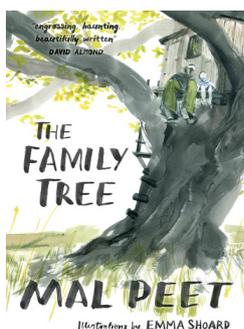
S3+, Depression, Suicide, Bereavement



Panther, by David Owen

Life isn't going terribly well for Derrick; and it's all because of his sister. Her depression, and its grip on his family, is tearing his life apart. Panther is a bold and emotionally powerful novel that deals candidly with the effects of depression on those who suffer from it, and those who suffer alongside them.

S3+, Depression, Suicide



The Family Tree, by Mal Peet

When a man returns to his childhood home and visits the derelict tree house in which his father once chose to live, he recalls the past unravelling of his family, the unspoken strangeness of their lives, and the impact on his own adult life. Beautiful, sparse and insightful storytelling.

S3+, Depression, Divorce, Dyslexia Friendly

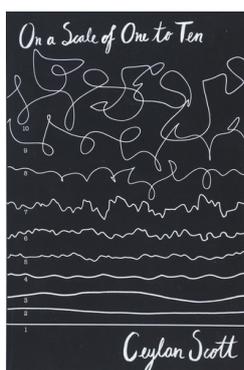


Colour Me In, by Lydia Ruffles

Nineteen-year-old actor Arlo likes nothing more than howling across the skyline with best friend Luke from the roof of their apartment.

But when something irreparable happens and familiar black weeds start to crawl inside him, Arlo flees to the other side of the world, taking only a sketchbook full of maps.

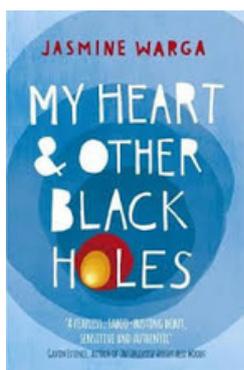
S3+, Depression



On a Scale of One to Ten, by Ceylan Scott

Tamar is admitted to Lime Grove, a psychiatric hospital for teenagers. Lime Grove is home to a number of teenagers with a variety of problems: anorexia, bipolar disorder, behaviour issues. Tamar will come to know them all very well. As Tamar's emotional angst becomes more and more clear to her, she'll have to figure out a path to forgiveness.

S3+, Depression, Suicide



My Heart and Other Black Holes, by Jasmine Warga

Sixteen-year-old physics nerd Aysel is obsessed with plotting her own death. There's only one problem: she's not sure she has the courage to do it alone. But once she discovers a website with a section called Suicide Partners, Aysel's convinced she's found her solution: a teen boy with the username FrozenRobot (aka Roman) who's haunted by a family tragedy is looking for a partner.

S3+, Depression & Suicide



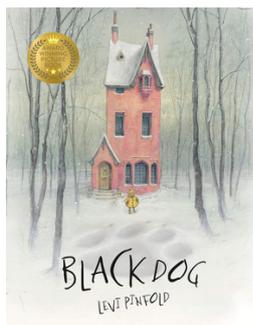
Picture Books and Graphic Novels



Night Shift, by Debi Gliori

Debi Gliori examines how depression affects one's whole outlook upon life and shows that there can be an escape. Debi hopes that by sharing her own experience she can help to find the way out.

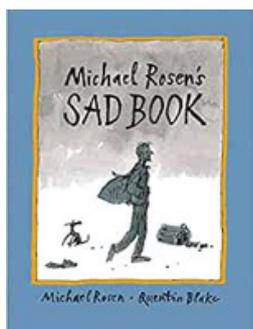
S1+, Depression



Black Dog, by Levi Pinfold

When a huge black dog appears outside the Hope family home, each member of the household sees it and hides. Only Small, the youngest Hope, has the courage to face the black dog, who might not be as frightening as everyone else thinks.

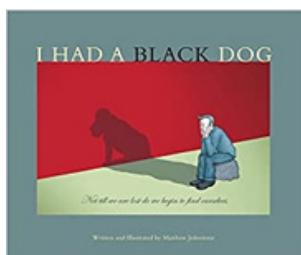
S1+, Anxiety



Sad Book, by Michael Rosen

With unmitigated honesty, a touch of humor, and sensitive illustrations by Quentin Blake, Michael Rosen explores the experience of sadness in a way that resonates with us all. Sad things happen to everyone, and sometimes people feel sad for no reason at all.

S1+, Depression, Bereavement



I Had A Black Dog, by Matthew Johnstone

Matthew Johnstone, a sufferer of depression, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

S1+, Depression



Information Books

THE SUNDAY TIMES BESTSELLER

REASONS
TO STAY
ALIVE 
Matt Haig

‘A small masterpiece that will enlighten and cheer’
JEANNE COMPTON

‘Matt Haig is enthralling’
STEPHEN LEY

Reasons to Stay Alive, by Matt Haig

Nearly one in five people suffers from depression. This is Matt’s inspiring account of how, minute by minute and day by day, he overcame the disease with the help of reading, writing, and the love of his parents and his girlfriend (and now-wife), Andrea. And eventually, he learned to appreciate life all the more for it.

Depression

NICOLA MORGAN
The Teenage Guide to
STRESS
INCLUDES
exams • relationships • social media & cyber-bullying
depression • eating disorders • drugs & alcohol



The Teenage Guide to Stress, by Nicola Morgan

Explains what stress is and looks at the ways teenage stress is different. This book deals with a number of issues that affect teenagers - from anger depression and sexual relationships to cyber-bullying exams and eating disorders - and offers guidance and advice. It also shows how to deal with and prevent the symptoms of stress.

Stress & Depression



Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Mental Health support for teenagers

<https://youngminds.org.uk/>

Depression in children and teenagers, NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/>

Depression Help Line

[Samaritans.org](https://www.samaritans.org)