



Low Mood



Signs and Symptoms

- Regularly feeling sad, upset, irritable and angry for at least two weeks
- Sleeping too much or too little
- Eating too much or too little
- Irregular attendance or regularly arriving late to school
- Low confidence – often thinking no one likes them or that they're no good at anything
- No longer enjoys things that they used to find pleasure in

Strategies

- Organise regular check ins with that young person. Let them know that you care, listen with empathy and give them time to talk. Your first try might not be successful but persist.
- Low mood can make daily routines difficult. Encourage the young person to structure their days with a written plan, especially if they are learning from home.
- Complete a Wellbeing Action Plan (Charlie Waller Memorial Trust) with the young person.
- Gratitude journals can be useful for helping to see the positives in their lives.
- Assess any potential risks – are they self-harming or experiencing suicidal thoughts? Seek support if needed.

Some people experiencing low mood/depression may feel suicidal.

If you are worried that someone might be thinking about suicide, don't guess – ask them directly.

“When some people feel low or depressed, they have thoughts about ending their life. Is that the case for you?”

Report any concerns immediately to your Safeguarding Officer.

If you need urgent advice, contact the First Response Number on 0808 196 3494

