

# IT'S OK NOT TO BE OK

How to support a child feeling low in mood

## Useful Apps:



What's Up?



Stay Alive



MoodTools



Fabulous - Daily Routine Planner



In Hand

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.

Services provided by Sussex Partnership NHS Foundation Trust

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## WHEN TO BE CONCERNED?

It is typical for everyone to have times of low mood, loss of energy and lose interest in things.

When to be concerned:

- If the degree to which a young person feels low appears out of context or disproportionate to the reason why they might be feeling low
- If episodes are more frequent or prolonged and cause the young person distress
- If it impacts on their ability to cope with everyday life such as going to school, seeing friends or taking part in leisure activities

## WHAT TO DO:

- Normalise that feeling sad or down is a natural emotion particularly in response to a sad, disappointing or difficult event
- Activity helps; encourage a young person to do a range of tasks and activities including one they need to do such as school work to fun things
- Keep a routine and have nice things planned
- Break things down into small steps and do one at a time so tasks do not seem so overwhelming
- Role model and demonstrate that you can do things even when you're feeling sad or down
- Be compassionate by validating how a young person is feeling
- Watch our parent/carer workshop on how to support a young person in crisis here: [bit.ly/3fgWnCA](https://bit.ly/3fgWnCA)
- Watch a parent/carer workshop on coping and resilience skills: [bit.ly/3y7WrgE](https://bit.ly/3y7WrgE)
- Share concerns with your child's school/college
- Depending on the context and/or the origins of the anxiety being experienced, other services may be helpful e.g. family guidance if there is family breakdown or conflict
- There is a lot of information on the Hampshire CAMHS website: [hampshircamhs.nhs.uk](https://hampshircamhs.nhs.uk)

## WHAT MIGHT IT LOOK LIKE?

- Feeling tired or appearing lethargic, unmotivated and disinterested
- Appearing withdrawn and less communicative
- Disrupted sleep (difficulties getting to or staying asleep, waking very early in the morning and not being able to get back to sleep)
- Seeking reassurance or wanting to withdraw from social contact and communication
- Resistance to doing things, appearing unmotivated and disinterested, avoidance of seeing friends or doing activities they ordinarily enjoy
- Poor personal hygiene (not washing or changing clothes regularly)
- Frequent changes of emotion, more sensitive (e.g. irritable, upset, confused)
- Thoughts or urges to harm self or some thoughts to end life; some infrequent or superficial (not requiring medical attention) self-harm may occur

*Please note that not all young people who engage in self-harm behaviour are depressed or suicidal. There are many reasons why a young person may engage in self-harm behaviour.*

#Recipes4wellbeing



[hampshircamhs.nhs.uk](https://hampshircamhs.nhs.uk)