

In partnership with



Coping with your low mood



The Charlie Waller Memorial Trust
Depression - let's get talking

9 Common Causes of Low Mood

Bullying



Falling behind with school work

Family problems and arguments



Loneliness



Traumatic events

Physical health problems



Family history of depression

Moving school or home



Friendship and relationship difficulties

Symptoms - Mind and Body

Psychological

Frightened, worried or anxious



Lack of interest and motivation

Isolating yourself

Sad and tearful

Physical

Aches and pains



Changes in appetite

Self-harm

Tired

Disturbed sleep

Upsetting thoughts

Guilt

8 Ways To Help Yourself Feel Better



Spend time with a friend



Keep active



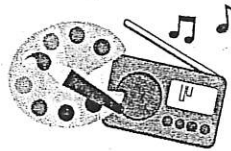
Sleep well every night



Eat healthily and regularly



Avoid drugs and alcohol



Listen to music, draw, read or write a diary



Speak to an adult (parent, teacher or health worker)



Plan something to do each day

Places where you can get more help



Charities

Youngminds.org.uk
Youthhealthtalk.org
Childline.org.uk; 0800 1111
Samaritans.org; 116123



Books

For a list of helpful books:
Reading-well.org.uk



Contact a parent, teacher or: