

**Supporting children and young people with low mood**

**Signs and symptoms to look out for:**

**Do they seem…?**

* Sad or tearful
* Worried or nervous
* To be lacking motivation or withdrawn
* To have a poor appetite or overindulging
* Tired or struggling with sleep
* Low in self-esteem or confidence
* Hopeless and feeling worthless

**As a trusted adult you can provide support just by listening and valuing the feelings the child/young person is expressing.**

**You can suggest the following tips and useful resources:**

* [Being active](https://active.calderdale.gov.uk/campaigns/keeping-active-during-covid-19) is great for your body and mind, it releases endorphins ‘happy chemicals’ that make you feel good.
* Sleep is extremely important for everyone and at different ages we are advised we need different amounts of sleep. This document will give [children and young people information about sleep](http://www.openmindscalderdale.org.uk/wp-content/uploads/2020/08/Young-People-and-Sleep-1.docx).
* If you find yourself struggling with low mood or feeling worried, then YoungMinds recommend putting together a [self-soothe box.](https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/)
* Activities that can help [improve self-esteem.](http://www.openmindscalderdale.org.uk/wp-content/uploads/2020/08/Self-Esteem-Activities-1.docx)
* Strategies to promote [positive thinking](http://www.openmindscalderdale.org.uk/wp-content/uploads/2020/08/Positive-thought-1.docx).
* Eating well really helps boost your mood. Check out [Healthy futures Calderdale YouTube channel](https://www.youtube.com/playlist?list=PLRDWq8ZzIrfqLG4UolDjre5vpGTQhL2Yq) for quick easy low cost meal ideas.

**Free local support services for children and young people:**

[Kooth](https://kooth.com/) is a free, safe anonymous online counselling and support service. Young people can access Kooth’s counselling service, self-help resources, peer to peer forums and interesting articles written by young people for young people.

* **Age range**: 10-25 years
* **Referral process:** self-referral
* **Opening times:** until 10pm every evening, 365 days a year

[Calderdale School Nursing Team](https://www.locala.org.uk/your-healthcare/school-nursing/calderdale-school-nurses) support students with their health needs and help manage long and short-term conditions in education settings.

* **Age range**: 5-19 years (up to 25 for young people with SEND)
* **Referral process:** [online referral form](https://www.locala.org.uk/your-healthcare/ereferrals-home/ereferrals/school-nursing-calderdale/)
* **Contact details:** 030 3330 9974 (duty line)
* **Opening times:** 2pm – 5pm

[ChatHealth, Healthy Futures Calderdale](https://www.locala.org.uk/chathealth/) is an NHS-approved secure and confidential text messaging support service for young people.

* **Age range**: 11-19 years (up to 25 for young people with SEND)
* **Referral process:** self-referral
* **Contact details:** text: 07480 635297

#### [**The BREW Project delivered by Invictus Wellbeing**](https://www.invictuswellbeing.com/) offers children and young people who present with personal, social, emotional concerns to access bespoke support sessions.

* **Age range**: 5-17 years
* **Referral process:** [online referral form](https://www.invictuswellbeing.com/brewproject)
* **Opening times**: Monday to Friday, 9am-5pm (referrals only)
* **Contact details:** 01422 730015 or [support@invictuswellbeing.com](mailto:support@invictuswellbeing.com)

[Time Out delivered by Healthy Minds](http://www.timeoutcalderdale.co.uk/) helps children and young people ‘find their thing’, through activities such as arts, crafts, sports, singing and drama sessions. Time Out also has a **Listening Line** which provides support and advice for students. **Text 07418 311736**. They offer three sessions with a project worker to talk through worries.

* **Age range:** 10-19 years
* **Referral process:** self-referral
* **Contact details:**01422 345154 or [timeout@healthymindscalderdale.co.uk](mailto:timeout@healthymindscalderdale.co.uk)

**Advice for Parents and Carers:**

[Is your child suffering from low mood?](http://www.openmindscalderdale.org.uk/wp-content/uploads/2021/04/Low-Mood-leaflet-1.pdf) This leaflet provides parents and carers with some top tips, useful resources, and links to local support services here in Calderdale.

**Free training offer for staff and students:**

* Training workshops are available for **school staff** around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)
* Training workshops are available for **students** around EHWB. This is delivered by Healthy Minds, Time Out [Tara@healthymindscalderdale.co.uk](mailto:Tara@healthymindscalderdale.co.uk)
* Training workshops are available for the **wider workforce** around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)