

# SUPPORTING ADOLESCENT

## Low Mood & Depression

### WHAT IS LOW MOOD AND DEPRESSION?

We all experience 'low mood' when we are sad, unhappy, fed up, feel down or 'have the blues'. Usually our mood changes and we feel better. However, this doesn't always happen and if our low mood continues or becomes more severe it can become 'depression'

### WHAT MIGHT THIS LOOK LIKE?

- Feeling down most of the time
- Things don't feel as fun as they used
- Drop in motivation and engagement in school
- Struggling to maintain friendships and relationships
- Irritable, more easily upset or quicker to anger

### HOW CAN WE HELP?

EWPs help students over 6-sessions break the vicious cycle of low mood/depression using 'Behavioural Activation' to identify values and introduce activities based on these values. This helps create a positive cycle that lessens the symptoms of depression.

### CONTACT US

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