



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- To be lacking motivation or withdrawn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](#) 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](#).
- If you find yourself struggling with low mood or feeling worried, then YoungMinds recommend putting together a [self-soothe box](#).
- Activities that can help [improve self-esteem](#).
- Strategies to promote [positive thinking](#).
- Eating well really helps boost your mood. Check out [Healthy futures Calderdale YouTube channel](#) for quick easy low cost meal ideas.

Free local support services for children and young people:

[Kooth](#) 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](#) 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](#)
- **Contact details:** 030 3330 9974 (duty line)
- **Opening times:** 2pm – 5pm

[ChatHealth, Healthy Futures Calderdale](#) 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](#) 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](#)
- **Opening times:** Monday to Friday, 9am-5pm (referrals only)
- **Contact details:** 01422 730015 or support@invictuswellbeing.com

[Time Out delivered by Healthy Minds](#) 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

Advice for Parents and Carers:

[Is your child suffering from low mood?](#) 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
- Training workshops are available for **students** around EHWB. This is delivered by Healthy Minds, Time Out 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