In partnership with



Coping with your low mood



9 Common Causes of Low Mood





Falling behind with school work

Family problems and arguments





Traumatic events





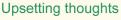
Moving school or home



Symptoms - Mind and Body

Psychological

Frightened, worried or anxious





Guilt

Lack of interest and motivation

Isolating yourself

Sad and tearful

Physical

Aches and pains Self-harm



Changes in appetite

Tired

Disturbed sleep

8 Ways To Help Yourself Feel Better



Spend time with a friend



Avoid drugs and alcohol



Keep active



Listen to music, draw, read or write a diary



Sleep well every night



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



Eat healthily and regularly



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:

Produced by the Bank Workers Charity in collaboration with Professor Mina Fazel, University of Oxford Department of Psychiatry and Professor Tamsin Ford, University of Exeter Medical School.