

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

Physical health  
problems



Family history of  
depression

Moving school or  
home



Friendship and  
relationship difficulties



Traumatic events

## Symptoms - Mind and Body

### Psychological

Frightened, worried  
or anxious

Upsetting thoughts

Guilt



Lack of interest  
and motivation

Isolating yourself

Sad and tearful

### Physical

Aches and pains

Self-harm

Disturbed sleep



Changes in appetite

Tired

## 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: