

Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Build Sound Minds Derby & Derbyshire

Waiting Well



Work in progress

Build Sound Minds Derby & Derbyshire

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Waiting Well with Low Mood

Advice, ideas and sources of support whilst waiting for targeted support.

Understanding Low Mood

Life has its ups and downs, and we all feel low sometimes. A child or young person may need help if they feel low most of the time and it affects their daily activities. Low mood can be caused by family difficulties, bullying or difficulties at school.

Symptoms of Low Mood

Look out for changes in the way your child or young person behaves. They may become more withdrawn and stop enjoying the things they used to. There might be changes in their eating and sleeping. A child or young person might find it more difficult to concentrate or feel like they don't want to move. Low mood can also make them feel irritable and they may have angry outbursts. There may be changes in the way they behave at school or with their friends, too.

Brain Chemicals

The brain is amazing! There are ways in which we can boost the chemicals in the brain that make us feel happier.

Exercise - research has shown that exercise is really effective in improving our mood. Find a physical activity you can do together as we know that feeling connected with other people can help, too.

Sleep - getting a good night's sleep is vital for our all-round health but this can be difficult if you have low mood. Spending time outside will help the body regulate the sleep chemicals. Try to avoid using screens before bed, too, as the light they give off can disrupt sleep.

"When I'm feeling low, I feel confused all of the time."

Young Person, Advanced Minds Group

How to Help

Talk - try to open up the conversation about what is going on.

Listen - let your child or young person say it in their own way; don't ask too many questions and don't think you need to give solutions.

Take Time - it's really important that you allow your child or young person time. This isn't easy for them.

Have fun - find out what our child or young person enjoys doing. Start small if necessary. It might just be listening to a favourite song.



Other Sources of Help and Advice

Our website has links to lots of really helpful information.
<https://services.actionforchildren.org.uk/derbyshire>

Build Sound Minds is not a crisis service. If you are worried about a child or young person, please contact your GP, call 111 or attend the emergency department (A&E).

We know it is hard to wait for our services. Please be assured we are doing our best to progress you on our waiting list.