Coping with your low mood

9 Common Causes of Low Mood

- Bullying
- Falling behind with school work
- Physical health problems
- Family problems and arguments
- Moving school or home
- Loneliness
- Traumatic events
- Family history of depression
- Friendship and relationship difficulties

Symptoms - Mind and Body

**Psychological**
- Frightened, worried or anxious
- Upsetting thoughts
- Guilt
- Sad and tearful
- Isolating yourself
- Lack of interest and motivation

**Physical**
- Aches and pains
- Changes in appetite
- Self-harm
- Tired
- Disturbed sleep

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
- Youthhelathtalk.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:**

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