

Threshold Guidance - Depression (Low Mood)

Name of Young Person:

Staff member supporting:

Has this been completed in collaboration with the YP? Yes/NO

What we do, what we don't do and what you can do if you are worried about your child

All young people will feel anxious from time to time. Here's a guide to help you know how best to support your young person if they are experiencing symptoms of worry or anxiety. This is not an exhaustive list; young people will experience other types of worry and symptoms which may not be included on this guide:

Needs for help; These are challenges that some young people experience and may need some support with

Type and nature of mood issue

The degree to which a young person feels low or depressed appears out of context or disproportionate to the reason why they might be feeling sad. Episodes of low mood might be more frequent or prolonged and cause the young person distress, or might have some mild impact on their ability to cope with everyday life such as going to, or coping at school, seeing friends or taking part in leisure activities. Examples of situations that may cause/contribute to a young person feeling low in mood or depressed:

- Being routinely teased or bullied (including being or feeling left out or excluded)
- Grief or loss (including romantic relationships ending)
- Witness or experience of conflict (at home or school)
- Change and uncertainty (such as family breakdown)
- Family and relationship stressors (parent/sibling ill-health, financial or social stressors)
- Academic pressures/ demands including exam stress and worry about the future

Please note, there are occasions when there is no apparent trigger/cause/contributory factor as to why a young person may be experiencing episodes of low mood/depression. A young person can still be low in mood without clear reason.

| What you might see or a young person might report | Date Completed | Date completed | Date completed | Date completed |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| As well as the features in Green, the following might also be present: (Tick all those that apply) | | | | |
| Disrupted sleep (difficulties getting to or staying asleep, waking very early in the morning and not being able to get back to sleep) | | | | |
| Seeking physical or verbal seeking reassurance, or wanting to withdraw from social contact and communication | | | | |
| Resistance to doing things; appearing unmotivated and disinterested | | | | |

| | | | | |
|--|--|--|--|--|
| Poor personal hygiene (not washing or changing clothes regularly) | | | | |
| Emotionally labile; frequent changes of emotion, more sensitive (eg, irritable, upset, confused) | | | | |
| Thoughts or urges to harm self or some thoughts to end life; some infrequent or superficial (not requiring medical attention) self-harm may occur. | | | | |

Please note that not all young people who engage in self-harm behaviour are depressed or suicidal. There are many reasons why a young person may engage in self-harm behaviour.

Things to try, support and Next Steps

As well as the steps in Green, the following might be helpful:

- Support your young person to access self-help resources (podcasts, videos, downloads, links) on the Hampshire CAMHS website: www.hampshirecamhs.nhs.uk
- Watch our parent/carer workshop on how to support a young person with self-harm or in crisis here: <https://youtu.be/qBAZQVjSmQU>
- Share concerns with your child's school/college
- See your child's GP
- Access pastoral support from school
- Consider accessing help from a local counselling service
- Seek advice, guidance and support from Young Minds Parent Helpline:
08088025544
- Depending on the context and/or the origins of the low mood being experienced, other services may be helpful, eg, family guidance if there is family breakdown or conflict

Useful Resources:

- Stuff That Sucks, by Ben Shelly
- Am I Depressed? And What Can I Do About It? by Shirley Reynolds and Monika Parkinson
- Beyond The Blues; A Workbook To Help Teens Overcome Depression, by Lisa Schab
- Stopping The Pain; A Workbook For Young People Who Cut and Self-Injure, by Lawrence Shapiro