

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 low in mood 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 low mood or depression. This is not an exhaustive list; young people will experience other types of mood issue and symptoms which may not be included on this guide.

Coping/needs for support; These are experiences that most young people will have from time to time.

Type and nature of mood issue

It is common for children and young people to experience episodes of feeling sad, low or down as they develop through childhood and adolescence. The typical mood issues children and young people experience tend to be situation specific, short term and can be managed with the love and support of parents/carers. Examples of situations that may cause/contribute to a young person to feel down or low in mood might be:

- Adjusting to changes (such as a new school)
- Friendships or relationship issues
- Episodes of being teased or bullied (including being, or feeling, left out or excluded)
- Being physically poorly or in pain
- Family breakdown or conflict
- Grief or loss (of a pet, family member, or friend)
- Struggling with academic work

What you might see or a young person might report	Date Completed	Date completed	Date completed	Date completed
(Tick all those that apply)				
Being clingy and not wanting to be separated from a parent/carer				
Not wanting to be left alone				
Seeking verbal reassurance and checking things are ok				
Not wanting to go to school				
Avoidance of seeing friends or doing activities they ordinarily enjoy				
Having mild sleep disturbance				
Feeling tired or appearing lethargic and unmotivated and disinterested				
Appearing withdrawn and less communicative				

May appear more challenging or oppositional/argumentative				
Crying				

Things to try, support and Next Steps

- Normalise that feeling sad or down is a natural emotion, particularly in response to a sad, disappointing or difficult event
- Activity helps; encourage a young person to do a range of tasks and activities including one they need to do, such as school work, to fun things.
- Keep a routine and have nice things planned
- Break things down into small steps and do one at a time so tasks do not seem so overwhelming
- Use distraction techniques, here are some strategies to try;

A-Z of coping strategies: <https://youtu.be/5EXpkVw3fh>

How to make and use a coping box: <https://youtu.be/OyfgodSSdV4>

- Role model and demonstrate that you can do things, even when you're feeling sad or down
- Be compassionate by validating how a young person is feeling
- Support a young person to problem solve any obvious triggers
- Watch our parent/carer workshop on Coping and Resilience Skills here: (to be uploaded)

Useful Resources:

- Stuff That Sucks, by Ben Sedley