

Low Mood Support

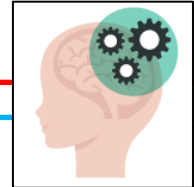
Mental Health Support Team (MHST)

A Mental Health Support Team is working with your school or college. Within this team, are Educational Mental Health Practitioners (EMHPs); one of the EMHP roles is supporting young people to manage their symptoms of low mood. If you would like to know more about what we offer, please ask to see our EMHP leaflet.



What is Low Mood?

- We all feel sad from time to time but usually the feeling passes.
- If you are experiencing low mood these feelings of sadness seem to go on and on.
- There is not always one single cause of low mood, several things can contribute towards this such as; stress from exams, loneliness or fall outs with family and friends.



Signs you may benefit from support

- Do you often lack the energy to participate in the things that you use to enjoy?
- Do you often feel you have no motivation to do things with others?
- Have you noticed that your sleep pattern have changed and you often feel tired during the day?
- Have you noticed that your appetite has changed?
- Have you noticed that your thoughts and feelings are more negative than usual?

For further information or to enquire please speak to: Your Head of House