

Low Mood

- Make sure your child knows feeling sad is a normal reaction
- Help your child to express feelings and make sense of them
- Try letting your child know what you have noticed, and reassuring them their feelings are ok
- Your child could try drawing or writing how they feel
- Spend time each day with people your child is comfortable with
- Don't avoid things your child finds difficult. Support them through it
- Be active—this releases 'feel good' endorphins
- Spend time in nature and getting fresh air
- Try using a 'positive diary' - list 5 good things about the day
- Look after yourself too, and find support for yourself

Support and Services:

- If you are worried they might be depressed, seek help from a professional or GP
- For advice on your child's mental health, call YoungMinds free helpline (08088025544)

In an emergency:

- If in immediate risk of serious harm or injury, call 999
- 9am-5pm – Speak to the Sheffield CAMHS Team (0114 226 2348)
- Out of hours – attend Sheffield Children's Hospital Emergency Department (0114 271 7000)
- If your child is 16 years or older, attend Sheffield Northern General Hospital (0114 243 4343)



Thought Detective

- Help your child identify unhelpful or negative thoughts, and the facts for and against them
- Come up with a more helpful thought
- If they are stuck on a negative thought, ask them what is the worst thing that could happen if it was true