

Lockdown & Low Mood

Mental Health Support Team



House Keeping

- We are hoping to make the session as interactive as possible so feel free to contribute and share your experiences where you feel comfortable to do so.
- Please be mindful of confidentiality
- Please feel free to ask any questions you have during the session. You can do this by typing in the chat box or using the button to raise your hand.
- School are recording the session today so that we can make it available for those who were not able to attend.
- Take care of yourself.

Session Aims

- Have an understanding of the Mental Health Support Team (MHST) and introduction to the team at BCHS.
- Learn more around possible signs and symptoms of low mood in children and young people.
- Consider ways to support your child if they are experiencing low mood.
- Recognise when and how to request specialist support for your child.

Introduction to the Mental Health Support Team

- MHST's are intended to provide **early intervention** for some mental health and emotional wellbeing issues, such as mild to moderate **anxiety and low mood** in children and young people.
- Support staff within a school or college setting to provide a '**whole school approach**' to mental health and wellbeing.
- To act as a **link** with local children and young people's mental health services.

Impact of Covid-19

A survey completed by Young Minds interview young people around how their wellbeing had changed as a result of lockdown. The results found that **83% of young people** felt that the pandemic has had a negative impact on their social and emotional well being. Young people described increased feelings of anxiety, isolation and loss of motivation.

Key themes included;

Worries around their own and parents health.

Lack of social connection.

Loss of routine and structure.

The logo for Young Minds, featuring the word "YOUNG" in yellow and "MiNDS" in dark grey, with a yellow dot above the 'i' in "MiNDS".

YOUNGMi**NDS**

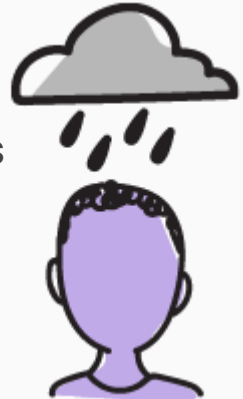
What do you already know about low mood?



What is Low Mood?

Feeling sad is a normal reaction; everyone feels low or down at times and children (just like adults) can be upset by many things: an incident or a break-up/argument with a friend, a disagreement at home, or just not doing as well at school as they expected.

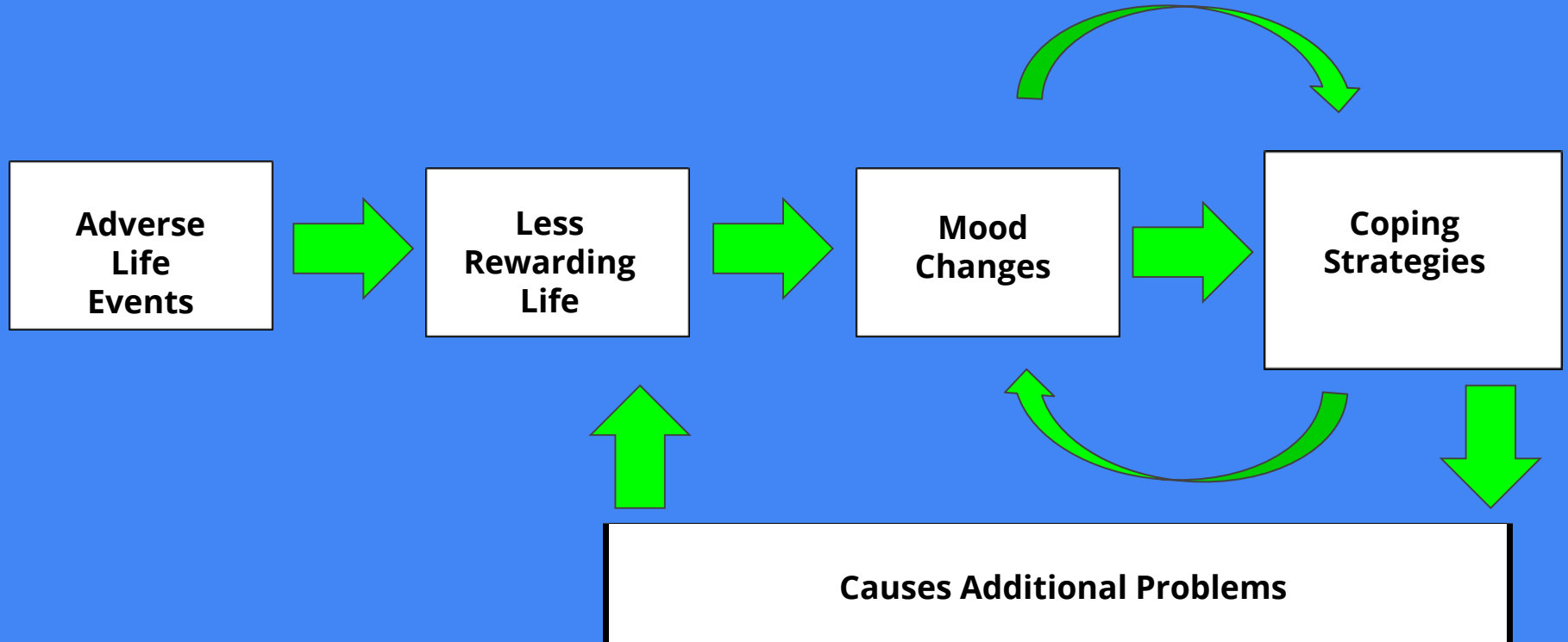
But if the feeling is more than just sad or it persists for a longer time, then everyday sadness or low mood may move into something more serious such as depression – where children may see themselves and the future in a negative way, or they no longer feel or seem themselves.



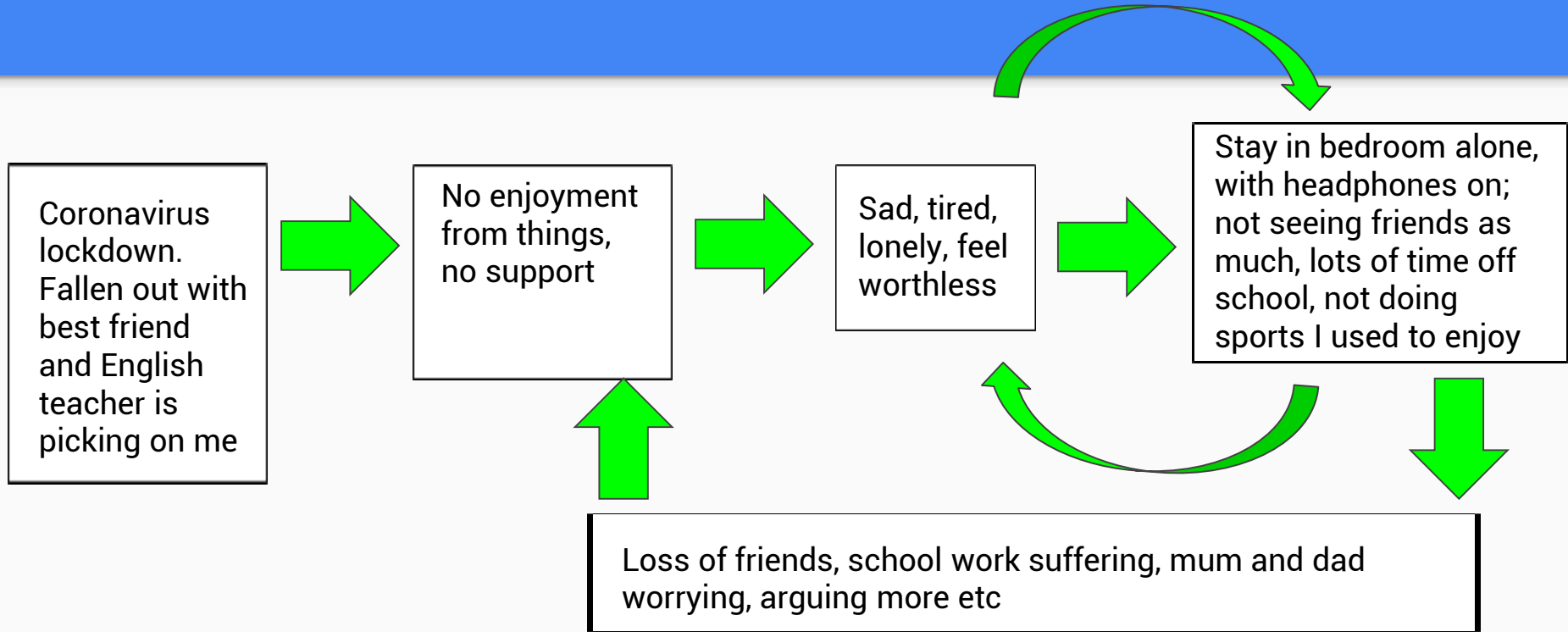
Presentation of Low Mood in Adolescents

- Not wanting to do things they previously enjoyed
- Avoiding friends or social situations
- Sleeping more or less than normal
- Feeling tired and lacking energy
- Changes in appetite
- Being self critical
- Feeling hopeless
- Feeling irritable
- Oppositional
- Struggling to concentrate
- Unexplained aches and pains
- Thoughts of self harm or actively self-harming

Understanding The Cycle of Low Mood

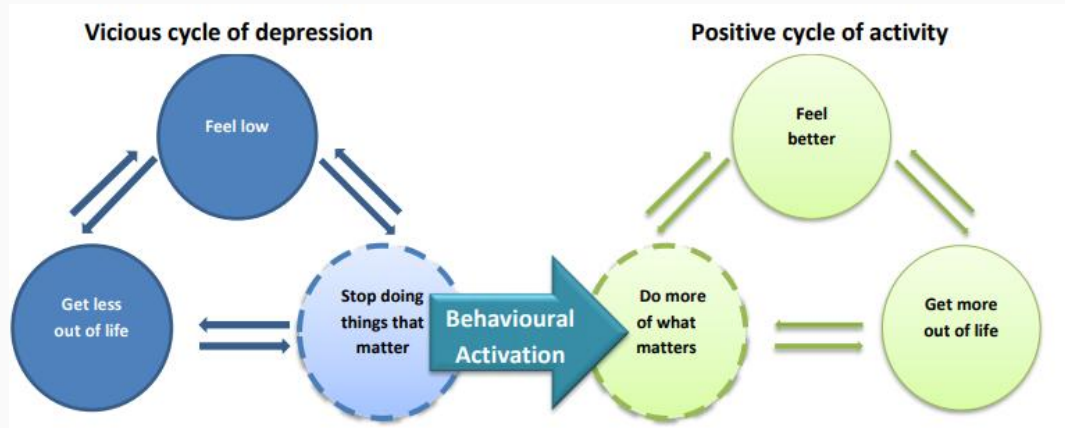


Understanding the cycle of low mood



Helpful Ways to Increase Mood

Behavioural activation - Young people with low mood feel tired and lack the motivation to do various activities, thinking that once they have more energy and feel more positive, they'll be able to do more.



Helpful Ways to Increase Mood

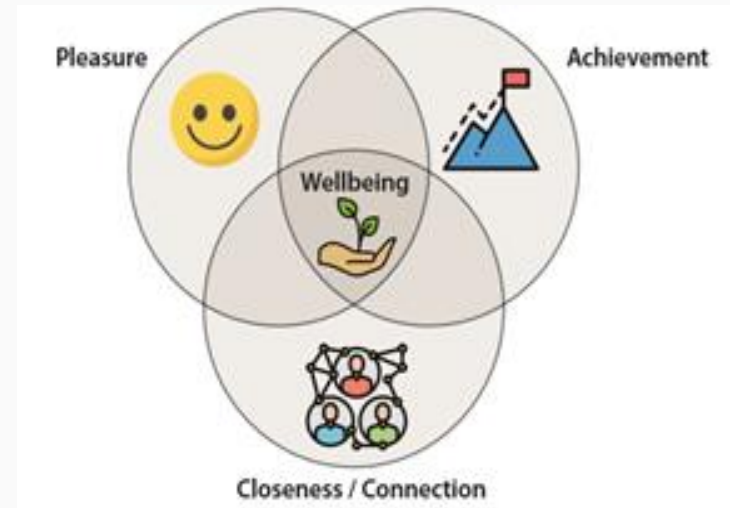
Supporting your child to plan in activities that they enjoy, gain achievement from and helps them to feel close or connected to others.

Provide routine and structure to your child's day.

Encourage time together as a family.

Increasing connection with friends.

Use of social media can be positive, however, this should be limited.



Signposting: Requesting Further Support

It is important to seek help for your child if;

- Their mood is not getting better, or is getting worse
- Self-help is not working
- Their low mood is causing high levels of distress which is affecting their school life, family life, or their friendships

If you have concerns around your child's mental health, you can speak to their Assistant Head of Year or a member of the Pastoral Team at school, who can then seek advice from our service around the best way to support your child.

Our team will be providing wider support for pupils in school through;

- Delivering school assemblies
- Contributing to PSHE lessons

Useful links

These are hour long webinars aimed at helping families at home with the issues outlined in the episode. These have been put out by LSCFT and support by Lancashire Mental Support Service.

Episode 1 <https://youtu.be/wZKO4sb9BAk> Anxiety

Episode 2 <https://www.youtube.com/watch?v=iVQRvSxn6gM> Communicating about Mental Health

Episode 3 - <https://youtu.be/950FYS6p4E8> Social media

Episode 4 - <https://youtu.be/y9Z5tuqLE4Q> About stress, coping strategies and our comfort zone

Episode 5 - <https://youtu.be/em5qprEAYdw> Motivation, depression and suicide

Episode 6- https://youtu.be/EYFs_FkncqA Eating Disorders and Body Image

Episode 7 - <https://youtu.be/cR64okqz0xl> Self-esteem and confidence.

Episode 8 - https://www.youtube.com/watch?v=k0Kt5A_xplU Resilience, peer-pressure and bullying,

Episode 9 - <https://www.youtube.com/watch?v=XWdWPNXiGXU> Mindfulness and visualisation

Episode 10 - <https://youtu.be/SjujcFx93Ok> Round up of Episodes 1-9

Year 6 special - <https://www.youtube.com/watch?v=QT35NFK8SYs>

Year 10 special - <https://www.youtube.com/watch?v=iRCYeSMWhhU>

Learning Dis. special-https://www.youtube.com/watch?v=dirhdsY4y_o

Bonus Episode- <https://youtu.be/lhstzZRUKrw>

Useful Links

<https://elht.nhs.uk/services/east-lancashire-child-and-adolescent-services>

<https://www.kooth.com/>



<https://www.annafreud.org/>

<https://youngminds.org.uk/>

<https://www.samaritans.org/>



Any Questions?



Thank you!