

There are different types of help or support available for low mood. Use this tool to help you, your parent or carer and a practitioner decide about getting help or support. Both grids for this presenting difficulty should be used together.

Note: You may want to try other types of help or support alongside the ones that are listed here. There is evidence that combining CBT with antidepressants is more likely to help than antidepressants alone. Changes to diet, exercise and lifestyle could also help to improve your symptoms, although there is not enough evidence about this to be sure.



Help for:
Low mood
i-THRIVE Grid[®]

Practical support

Talking therapies

Anti-depressants

Common questions

What will this involve?

This can involve learning practical strategies that may help you feel better. You will usually meet weekly with a therapist who can help you understand your difficulties, set goals, create an action plan, and give you activities to complete.

This can include support with schoolwork, social skills, family events, or things personal to you.



This can involve focusing on your thoughts and feelings.

You will usually meet weekly with a therapist who can offer you a space to talk about and understand your feelings and the difficulties in your life.

Each session is usually about an hour long and may involve other family members.

The session can be individual or in a group.



This can involve taking medication to treat your symptoms. You will usually meet with a psychiatrist who can give you a prescription for medication.

The most common medication for depression is called an SSRI. There is evidence the SSRI **Fluoxetine** can help young people with low mood. This is usually taken once daily as a capsule, liquid or tablet.



How will this help me feel better?

This support may help you learn about low mood. You will be given practical strategies for managing your feelings that may help you feel better.



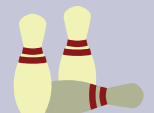
Talking therapies can help you think differently about situations in your life and improve how you feel.

Different types of talking therapy, like family therapy, CBT, IPT-A, and psychodynamic psychotherapy, focus on different things in your life. This could be your relationships with others, your past experiences, or negative thoughts you might be having.



This medication works by increasing a chemical called serotonin in your brain. When your serotonin is low, this can lead to low mood.

These are often prescribed after a course of therapy or alongside a course of therapy.



Will I see the same people for the duration of this help or support?

You will usually see one person for this support. This may not be the same person you see for your assessment.



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Before your treatment starts, you will usually have a height, weight, blood pressure, pulse and mental health assessment. Then, a member of the team will regularly check up with you to make sure the treatment is working and to check for side effects.



Are there risks or side effects from this type of help or support?*



Talking about your difficulties can sometimes cause discomfort, anxiety or stress.

Tell the person you are talking to if you are experiencing these feelings.

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Very common side effects of **Fluoxetine**: Insomnia, headache, diarrhoea, nausea and fatigue. **Uncommon**: Suicidal thoughts and behaviour. **Rare**: Hostility.

If you have suicidal thoughts, suicidal behaviour or hostility, you or your parent or carer should immediately contact your doctor.

References

1. Title

a. Current View tool: <http://www.corc.uk.net/outcome-experience-measures/current-view/>

2. Note at top

a. NG134 1.6.14: <https://www.nice.org.uk/guidance/ng134>

3. Treatment options

- a. Obtained from i-THRIVE Expert Reference Groups (ERGs) with clinicians and other professionals
- b. Discussed with Dartmouth and the i-THRIVE team
- c. For talking therapy: NG134 1.6.6: <https://www.nice.org.uk/guidance/ng134>
- d. For antidepressants: NG134 1.6.16: <https://www.nice.org.uk/guidance/ng134>

4. What will this involve?

- a. Practical support (Brief Psychosocial Intervention): IMPACT protocol <https://www.ncbi.nlm.nih.gov/pubmed/27914903>
- b. Talking therapies: <https://www.nhs.uk/mental-health/conditions/clinical-depression/overview/>
- c. Antidepressants: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/medicines-and-psychiatry/antidepressants/overview/> and <https://www.youngminds.org.uk/young-person/medications/fluoxetine/>

5. How will this help me get better?

- a. Practical Support (Brief Psychosocial Intervention): IMPACT protocol - <https://www.ncbi.nlm.nih.gov/pubmed/27914903>
- b. Talking Therapies: Expert consensus and Dartmouth
- c. Medication: <https://www.youngminds.org.uk/young-person/medications/fluoxetine/>

6. Will I see the same people for the duration of this help or support?

- a. Practical support (Brief Psychosocial Intervention): Expert consensus
- b. Talking therapies: Expert consensus
- c. Antidepressants: NG134 1.6.18: <https://www.nice.org.uk/guidance/ng134>

7. Are there any risks or side effects to this type of help or support?

- a. Practical support (Brief Psychosocial Intervention): Dartmouth and i-THRIVE ERGs
- b. Talking therapies: Dartmouth and i-THRIVE ERGs
- c. Antidepressants: electronic Medicines Compendium (eMC) <https://www.medicines.org.uk/emc>

Likelihood of side effects from medication:

(Tell your doctor if you are experiencing any side effects)

Very Common	Common	Uncommon	Rare	Very Rare
One in 10 young people or more experience this side effect (10% or more of young people)	Between one in 100 and one in 10 young people experience this side effect (Between 1% and 10% of young people)	Between 1 in 1,000 and 1 in 100 young people experience this side effect (Between 0.1% and 1% of young people)	Between 1 in 10,000 and 1 in 1,000 young people experience this side effect (Between 0.01% and 0.1% of young people)	Fewer than 1 in 10,000 young people experience this side effect (less than 0.01%)

NICE Endorsement Statement - Help for: Low mood i-THRIVE Grid

The Anna Freud National Centre for Children and Families and The Tavistock and Portman NHS Foundation Trust have produced patient decision aids that support the implementation of recommendations in the NICE guideline on depression in children and young people. These tools should be used by a trained health-care professional, in consultation with a patient.

National Institute for Health and Care Excellence, January 2020