



There are different types of help or support available for low mood. Use this tool with a professional to help you and your parent or carer decide about getting help or support for low mood. 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. Digital CBT has strong evidence for improving low mood. There is not much evidence about the other types of support listed here, but you may find that they help you feel better.

**Reading support**

**Peer or community support**

**Telephone support**

**Counselling**

**Digital CBT**

**Common questions**

|   |   |   |  |   |  |
|---|---|---|--|---|--|
| <b>What will this involve?</b>                                      | This involves reading information about low mood and understanding more about your difficulties.  | This involves activities like drama, sport or art. Families can sometimes also be a part of these activities.   | This involves calling a telephone number and speaking with someone who can listen to you and provide you with information and advice.  | This involves talking with a counsellor who can listen to you, support you and help you understand your feelings.   | This involves working through a computer programme either on your own or with a therapist.   |
| <b>How will this help me feel better?</b>                           | You may learn tips to feel less stressed, worried or sad. You might also find out new ways to understand your thoughts and feelings.<br>  | You may meet other people at these events who are experiencing similar difficulties. This could help you make new friends and learn strategies to tackle challenges in your life. | Talking to someone about your difficulties may help you to work through your worries and/or sadness. This may also help you see things more clearly and think about what your options are.<br> | Meeting with a counsellor in a safe and regular space may help you to talk about, better cope with, and eventually overcome your difficulties. It might take more than one session to start feeling better.<br> | You may find out how to understand and overcome your difficulties by breaking them down into manageable parts. You may also learn how to change negative thoughts and patterns of thinking and behaving. |
| <b>Will I see the same people for the duration of this support?</b> | This support can usually be done on your own or your parent or carer may be able to help you.<br>   | These groups are usually run by the same person.<br>  | There will probably be a different person on the line each time you call.<br>  | It is likely that you will see the same person for this support.<br>  | It is likely that you will see the same person for this support.<br>   |
| <b>Are there risks or side effects from this type of support?</b>   | There is not enough evidence to know for sure if these types of support will have side effects. Talking, reading or thinking about your difficulties might cause worry or stress. Making changes in the way you think about things or do things may also be hard, and you might feel worse before you start to feel better. Tell someone if you are having these feelings. If you are finding it too hard to use this support on your own, it may be a sign that you should ask for more support. |   |  |   |  |
| <b>Where can I get this support?</b>                                | Online or through reading material and books (See back of page.)<br>  | At community or faith centres, online, or at school (See back of page.)   | On the phone (See back of page.)<br>   | In person or online (See back of page.)<br>   | Online or at a venue that offers this type of support (See back of page.)  |

## Support List

### Reading support (Psychoeducation)

- YoungMinds – Charity that offers information about mental health and emotional wellbeing. – <https://www.youngminds.org.uk/young-person/>
- YoungMinds Medication – Information for mental health difficulties – <https://www.youngminds.org.uk/young-person/medications>

### Peer or community support

- Ask a practitioner what is available in your area.

### Telephone support

- Childline – Advice online or on the phone (any time or day) – 0800 1111, <https://www.childline.org.uk/>
- Samaritans – Advice on the phone (any time or day) – 116 123, <https://www.samaritans.org/>
- The Mix/Get Connected -- Advice on the phone for under 25s (4pm - 11pm, 7 days a week) or online – 0808 808 4994, <https://www.themix.org.uk/>

### Counselling support

- Ask a practitioner what is available in your area.

### Digital CBT

- moodgym – a programme for learning cognitive behaviour skills for preventing and coping with depression – <https://moodgym.com.au/>

## References

### 1. Treatment options

- a. NG134 1.5.7: <https://www.nice.org.uk/guidance/ng134>
- b. Expert consensus

### 2. What will this involve?

- a. Reading Support (Psychoeducation): <https://111.wales.nhs.uk/lifestylewellbeing/bibliotherapy>
- b. Peer or Community Support: Expert consensus
- c. Telephone Support: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- d. Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>, <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/>
- e. Computer-based CBT: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/self-help-therapies/>

### 3. How will this help me feel better?

- a. Reading Support (Psychoeducation): <https://111.wales.nhs.uk/lifestylewellbeing/bibliotherapy>
- b. Peer or Community Support: Expert consensus
- c. Telephone Support: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- d. Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>, <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/>
- e. Computer-based CBT: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/self-help-therapies/>

### 4. Will I see the same people for the duration of this support?

- a. Reading Support (Psychoeducation): <https://111.wales.nhs.uk/lifestylewellbeing/bibliotherapy>
- b. Peer or Community Support: Expert consensus
- c. Telephone Support: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- d. Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>, <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/>
- e. Computer-based CBT: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/self-help-therapies/>

### 5. Are there risks or side effects from this type of support?

- a. All support options: Expert consensus, What Works for Whom Second Edition

### 6. Where can I get this support?

- a. All support options: Expert consensus

\* The authors of this decision aid do not stand to gain or lose anything by the choices people make after using this tool.

### NICE Endorsement Statement Support 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 healthcare professional, in consultation with a patient.

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