**Depression and low mood**

**Signs and symptoms**

**Feelings and emotions:**

* Feeling sad, guilty, upset, numb and despairing
* Losing interest and/or enjoyment in things
* Crying a lot or unable to cry when truly sad event occurs
* Feeling alone even if you are in company
* Feeling angry and irritable about the slightest thing

**Physical or bodily signs:**

* Tiredness
* Lack of energy
* Restlessness
* Sleep problems, especially waking early
* Feeling worse at a particular time of day – usually mornings
* Changes in weight, appetite and eating

**Thoughts:**

* Losing confidence in yourself
* Expecting the worst and having negative gloomy thoughts
* Thinking that everything that everything seems hopeless
* Thinking you hate yourself
* Poor memory and concentration
* Thoughts of suicide

**Behaviour:**

* Not making decisions
* Can’t be bothered to do everyday tasks/lack of motivation
* Putting things off
* Not doing things you used to enjoy
* Avoid seeing people/ withdrawing/isolating yourself

**Questions to ask:**

Are you sleeping/eating & drinking/seeing family and friends?

How do you feel your low mood is affecting your day to day life?

How long have you been having these symptoms/problems?

Do you when they started/ has something happened – Consider appropriate life reactions such as bereavement, relationship breakdown, loss of job, debt etc.

Do they need help with Money/housing/bereavement – problem solving, sign posting

Do the children notice and or comment?

How do you manage this with the children?

Have you felt this way before, if so what did you do, what helped?

Have you spoken to your GP?

What support do you have – family, friends

Are you have thoughts of suicide or hurting yourself?

**What next:**

First point of call is GP, who can offer Medication and refer to Wellbeing or Assessment and Treatment service as appropriate depending on severity and risk factors

Clients can self-refer to Wellbeing online

Mental Health Rapid Response if client is deemed as high risk of suicide, self-harm or self-neglect

A&E if high risk and unable to keep self safe.

**SELF-HELP:**

[**www.mind.uk**](http://www.mind.uk)

**Samaritans 116 123**

**Mental Health Rapid Response (Brighton and Hove service) 0300 304 0078**

**Booklet:** [**www.ntw.nhs.uk/selfhelp**](http://www.ntw.nhs.uk/selfhelp)