

# WARNING SIGNS FOR LOW MOOD

But what are your warning signs? Here are some examples but why not grab some markers and paper to create your own? Stick it on your bedroom wall or somewhere you will see it. When you are aware of your own warning signs, you are able to support yourself, or reach out for help when you need it – remember there is always someone there to listen to you – Life Line (for example) offer support 24 hours a day 7 days a week....

**\*\*\*If you experience 3 or more of these symptoms over a number of weeks please seek help and support\*\*\***



**Changes in Mood**



**Feelings of hopelessness**



**Not able to sleep or Sleeping too much**



**Withdrawing from friends or losing interest in things you usually like to do.**



**Poor Hygiene**



**Tearful for long periods of time**

**Fresh Little Minds**