

How we can help and support you. Guide for Low Mood

Children and Young People’s Clinical Academic Group (ChYPSCAG)

Our goal is to work together to understand what you’re experiencing and make decisions together with you about what support you might find helpful. Help from our service might include some of the following:



Daily Life

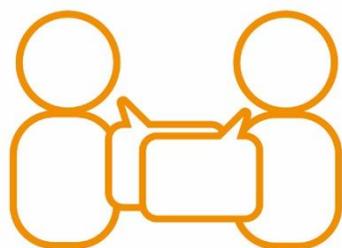
We’ll plan to offer you and your family practical and emotional support through your care team. We’ll talk about the importance of exercise, a healthy diet with regular eating patterns, sleep, technology use, healthy social life, activities and relaxation techniques. We’ll also promote the development of daily structure – including education and free time.



Friends and family

We aim to involve family, carers and others - with your consent. When you first attend the service you’ll be offered an assessment where you, and your parents or carers, will be asked about the background to your low mood as well as any other physical or mental health concerns. Together we’ll decide if our service is the right one for you. If not we’ll think carefully with you about the most appropriate, alternative help.

We hope that involving family and others could also help you and your family to understand helpful (and identify unhelpful) ways of supporting you at home.



Psychological Therapies

How you feel and think is important to us in helping you with your difficulties. Talking therapies are most often the first helping approach to be tried. This can involve exploring and reflecting your thoughts, feelings and emotions to try and help you understand the difficulties. This may also involve other 'creative' ways of helping such as art. They might take place as part of a group, with a therapist with you on your own, or with your family.

This type of help might focus on different parts of your life, including your relationships with others, difficult past experiences or thoughts and feelings.

To support you in meeting your goals, we'll use a range of questionnaires to see how you are benefiting and talk with you about how you're experiencing the service.

Talking about your difficulties can sometimes be uncomfortable and we feel that it's important that you feel safe to be able to tell the person you are speaking with what you're experiencing.



Medication Treatment

Alongside talking therapies, and practical support you could be offered the opportunity to meet a psychiatrist. A psychiatrist can help look after your physical health, as well as support with choosing medication if this seems helpful.

They will talk with you about the positive and potentially negative effects of taking the medication. Each medication may be needed for different lengths of time depending what is helpful.

An initial review is likely to happen during the first 2-4 weeks. Further follow up will be dependent on what's best for you. The psychiatrist will oversee your medical care and you may also be seen by other members of the team.



Physical Health Care

How you are feeling physically is also important to us, and during your involvement with our service we would plan to think with you about your overall wellbeing. This may include conversations with you about diet, exercise and use of alcohol and drugs and relationships.

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGS.

Sussex partnership NHS Foundation Trust is committed to working with the children, young people, parents and carers who access it. If you would like to hear more about the opportunities on offer, including access to training, then please get in touch with us at Participation@sussexpartnership.nhs.uk or look at the Get Involved pages for more information:

Sussex CAMHS Get Involved page <https://sussexcamhs.nhs.uk/get-involved/>

Sussex Partnership Patient Experience page <https://www.sussexpartnership.nhs.uk/patient-experience>

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk