

# Understanding **Low Mood**:

## What is it and how can you support your child?

**For many children and young people, low mood and low self-esteem are closely connected, and low mood can impact on a person's sense of self and their self-esteem.**

- Me & My Mind provides an **online** 1-hour workshop on understanding low mood and what it might look like for a child.
- The workshop includes strategies to help Parents and Carers to manage low mood at home.
- Including resources and activities ideas that you can do at home with your family.

**Thursday 5<sup>th</sup> May 2022, 10am to 11am**

[Click here to book a space](#) or email us

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

**Email: [mhst.info@eastsussex.gov.uk](mailto:mhst.info@eastsussex.gov.uk)**

**Call: 01273 335585**



or scan the QR code for a short film about our team.



A helping hand with your mental health

**me & my mind**

East Sussex Mental Health Support Team