

Low Mood Information Sheet

What is low mood?

A low mood is a feeling of sadness, that doesn't let you enjoy things as much as you usually do. You might also feel irritable, angry, or not worthy and have issues with your sleep, food intake and concentration. Everyone feels low sometimes and changes or distressing events in life can really affect our mood. It is also possible to feel low and not have a specific reason for it.

Where can I get support?

You can find different resources on our website!

<https://www.withyouth.org/>

