

# Mental Health Awareness Week: Noticing Low Mood

It's normal to feel low from time to time but this becomes a problem when it gets in the way of our lives. It sometimes goes unnoticed so being aware of the signs and symptoms to look out for can help you know when to get help for yourself or a friend.



Change in sleep pattern

Feeling irritable

Low motivation

Change in appetite

Negative thoughts

Feeling hopeless

Difficulty concentrating

**Challenge!**

Click on the play button and watch the video



Watch me!