

# Low Mood Programme for Teens

It's common to feel down or experience a low mood sometimes. If you feel that your mood is low all or most of the time, it's a good idea to speak to someone and get support.

SilverCloud® by Amwell® is a clinically proven digital mental health platform. Our programmes are based on Cognitive Behavioural Therapy, or CBT for short. The programme to manage **Low Mood** will help you to understand your thoughts and feelings.



## Knowledge and Learning

You'll learn how your emotions, feelings and actions are linked. It will help to make sense of what you're experiencing, and why it can sometimes be hard to change things.



## Skills and Strategies

Lots of young people experience low mood, but the causes can be different for each person. By tuning into your emotions and physical feelings, you can start to spot your own patterns and triggers. You'll learn how to catch negative thoughts and challenge them.



## Moving Ahead

At the end of the programme, you'll have learned how to improve your mood by doing things you enjoy. You'll be able to spot the warning signs that your mood might be getting worse again, and what you can do to stay well.

## Is this programme right for me?

This programme can help you learn how to manage the tough emotional and physical symptoms of low mood.

You can access the *Low Mood* programme on your phone, computer or tablet – wherever and whenever you need it.

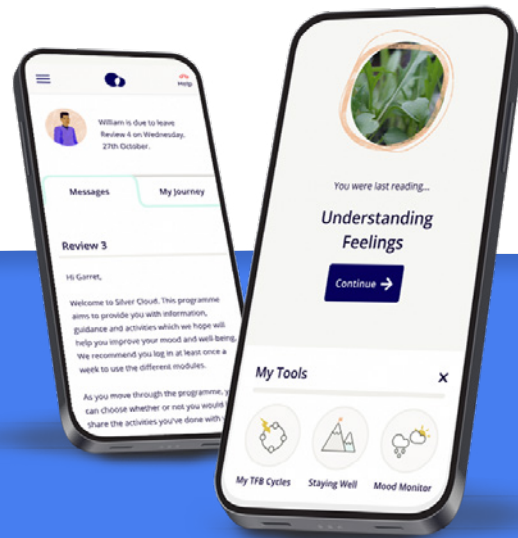
There may be days when you don't feel like using your programme, but just doing a little bit every day can make a real difference to how you're feeling.

Using SilverCloud® helped make things clear for me. I finally felt like I had something to turn to when I needed help.

Lydia, SilverCloud® programme user

## Cognitive Behavioural Therapy (CBT)

CBT is a very effective treatment for low mood. It helps you to understand what's going on and make changes to start feeling better.



## Modules in the *Low Mood* programme:

- **Understanding Low Mood** – Learn how low mood can impact you and how CBT can help.
- **Noticing Feelings** – Explore your feelings and emotions and learn how you can change them.
- **Boosting Behaviour** – Find new ways to move from being stuck, to taking positive action.
- **Spotting Thoughts** – See how your thoughts affect how you feel.
- **Challenging Thoughts** – Begin to tackle negative thinking.
- **Bringing it All Together** – Combine the skills you have learned to make a plan to stay well in the future.

## Tools and Activities

The *Low Mood* programme includes helpful tools and activities including:

- **Personal stories** – Find out how other young people experience low mood. It can help to know that you're not alone.
- **Quizzes** – Test your knowledge of low mood and separate the myths from the facts.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal journal** – Keeping a journal can help you to sort through your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.
- **Activity Scheduling** – Use this technique to motivate yourself to do things you enjoy.

Find out more



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