

Low mood, sadness and depression

Most people feel low sometimes, but if it's affecting your life, there are things you can try that may help.

Support is also available if you're finding it hard to cope with low mood, sadness or depression.

Symptoms of a low mood

Symptoms of a general low mood may include feeling:

- sad
- anxious or panicky
- more tired than usual or being unable to sleep
- angry or frustrated
- low on confidence or self-esteem

A low mood often gets better after a few days or weeks.

It's usually possible to improve a low mood by making small changes in your life. For example, resolving something that's bothering you or getting more sleep.

Symptoms of depression

If you have a low mood that lasts 2 weeks or more, it could be a sign of depression.

Other symptoms of depression may include:

- not getting any enjoyment out of life
- feeling hopeless
- not being able to concentrate on everyday things
- having suicidal thoughts or thoughts about harming yourself

Things you can try to help with a low mood

Do

- try talking about your feelings to a friend, family member, health professional or counsellor. You could also contact [Samaritans](#), call: [116 123](tel:116123) or email: jo@samaritans.org if you need someone to talk to
- try the [6 ways to feel happier](#), which are simple lifestyle changes to help you feel more in control and able to cope
- find out [how to raise your self-esteem](#)
- consider peer support, where people use their experiences to help each other. [Find out more about peer support](#) on the Mind website
- try [mindfulness](#), where you focus on the present moment
- listen to [free mental wellbeing audio guides](#)
- search and download [relaxation and mindfulness apps](#) or [online community apps](#) from the NHS apps library

Don't

- do not try to do everything at once; set small targets that you can easily achieve
- do not focus on the things you cannot change – focus your time and energy into helping yourself feel better
- try not to tell yourself that you're alone – most people feel low sometimes and support is available
- try not to use alcohol, cigarettes, gambling or drugs to relieve a low mood. These can all contribute to poor mental health