


Constant anxiety which stops the person from enjoying and joining in with daily life.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.



Loss of interest in getting involved with daily life.




Sudden
and dramatic
changes of mood,
which may involve
extreme anger
and distress.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



Feeling sad and
irritable for a
long period
of time.


A photograph of a person lying on a light-colored sofa, completely covered by a thick, blue, textured blanket. Only their hands and feet are visible. The background is a blurred interior space with a colorful abstract painting on the wall.

Difficulty
falling asleep,
staying asleep and
getting back
to sleep
after waking.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.


A photograph of a young boy with brown hair and bangs, looking out of a window. He is resting his chin on his hands, which are pressed against the glass. The window is covered in raindrops, and the view outside is a blurred, rainy landscape with greenery.

Feeling worthless.

A person wearing a dark, textured hoodie is seen from behind, standing on a sandy beach and looking out at the ocean under a grey, overcast sky. The water is calm and dark blue.

Becoming
very quiet and
withdrawn from
family and friends.

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A woman with brown hair tied back is lying down, wrapped in a thick, light-colored knitted blanket. She is holding a white mug with a pink heart on it. She is looking down at the mug with a sad expression. The background is a pink surface with a white floral pattern.

Ongoing and
extreme changes
in appetite.