

# Resources for Parents and Carers: Low Mood and Depression

## Parent Low Mood & Depression Workshops

### What is it & how will it help?

A series of nine short, recorded information sessions based on Cognitive Behavioural Therapy (CBT), a recommended treatment for young people experiencing low mood or depression. These sessions will help you understand what low mood and depression are and offer practical ways to support your child in managing their difficulties.

### How do I access it?

- 1. Understanding Depression and Low Mood:**  
<https://vimeo.com/1169976260/99ffc60297>
- 2. Low Mood and Depression in Children and Young People:**  
<https://vimeo.com/1169976237/8e8e4f587a>
- 3. The Adolescent Brain and Causes of Depression:**  
<https://vimeo.com/1169976208/6d7c8248e5>
- 4. Supports and Treatments:**  
<https://vimeo.com/1169976168/4ef3a31bd0>
- 5. Supporting your Child through Relationships:**  
<https://vimeo.com/1169976113/f61b8ddb8f>
- 6. Getting Back to Basics:**  
<https://vimeo.com/1169976076/7d864675bc>
- 7. Becoming More Active and Tackling Negative Thoughts:**  
<https://vimeo.com/1169976032/0dc1cf1ddb>
- 8. Supporting Your Child with Suicidal Thoughts:**  
<https://vimeo.com/1169976003/3c2f4179ab>
- 9. Autistic Young People with Low Mood and Depression:**  
<https://vimeo.com/1169975952/01a297344d>



All videos can also be found on the Lothian CAMHS website:

<https://services.nhslothian.scot/camhs/video-resources-for-parents-carers/>



## Parent Workbook

### What is it and how will it help?

The 'Supporting your child with low mood and depression' workbook is a self-help resource developed by CAMHS to support parents and caregivers when their child is experiencing low mood.

It helps you understand low mood and depression in young people and offers practical strategies to support your child at home. To get the most from it, we recommend using it alongside the series of short videos.

### Topics covered in the parent workbook include:

- Understanding low mood and depression
- Supporting your child with low mood and depression
- Low mood and autism
- Supporting your child with suicidal thoughts
- A resource section.

### How do I access it?

Access the whole workbook here:

<https://policyonline.nhslothian.scot/wp-content/uploads/2026/03/Supporting-your-child-with-low-mood-and-depression.pdf>

