



# Depression in Children and adolescents

## Depression:

In children and adolescents depression occurs when they feel sad or uninterested in things that they used to enjoy. They may feel helpless or hopeless in situations they are able to change for two weeks or longer.

Grief and depression are not the same, but their symptoms may overlap. It is important to rule out grief before determining depression.

## Symptoms you may see at home:

- Changes in eating pattern, eating more or less than usual.
- Extremely sensitive to failure or rejection.
- Decreased interest in doing things they previously enjoyed.
- Sleeping more or less than normal
- Expressing feelings of worthlessness or guilt

## Symptoms you may see at school:

- newly struggling to paying attention in class
- withdrawal from friend group
- Being more tired or sluggish than normal
- Frequent absences from school or sudden decline in grades
- Increased irritability/short temper

## Strategies to Use at Home

- Regularly talk with your child/teen about how they are doing in all aspects of their life
- Share your concerns and questions in a loving and supportive way
- Talk with the other adults in your child/teens life to see if they have noticed changes.
- Spend time with them doing activities they would normally enjoy
- Contact your child/teens doctor to discuss the changes you are seeing
- Contact a therapist near you