



Depression

WHAT PARENTS AND CAREGIVERS NEED TO KNOW

The Basics

Feeling down from time to time is a normal part of life, but sometimes emotions such as hopelessness and despair take hold and just won't go away. More than just sadness, depression changes how people think, feel, and function in daily activities. It can interfere with your child's ability to work, study, eat, sleep, and enjoy life.

Depression can look like:

- Irritability
- Isolation and withdrawal
- Hopelessness
- Changes in eating and sleep
- Frequent Crying
- Persistent Sadness
- Thoughts of self-harm or suicide
- Decrease in energy
- Low self-esteem
- Physical complaints such as headache or stomachache
- Loss of interest in daily activities

Tips to Manage Depression

You can support your child through depression by:

- Listening to them.
- Encouraging and supporting them to plan and participate in activities they enjoy.
- Help them eat nutritious foods, get enough sleep, and move their body each day. 10 minutes a day of dancing, running, or sports can have a big impact!
- Enjoy time to together.
- Be patient and kind, and respect boundaries.
- Help them find professional support, if they are ready for it.

Additional Resources

- Article: [Vicious Cycle of Depression](#)
- Article: [If your Teen is depressed](#)
- Article: [5 Things to Help Depression](#)
- Podcast: [Depression in Children and Teens](#)