



# MARCH: DEPRESSION

## – What 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.

### What does depression 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

### How to support your child with depression:

- Listen to them.
- Encourage and support them to plan and participate in activities they enjoy.
- Encourage them to 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 together.
- Be patient and kind, and respect boundaries.
- Help them find professional support if they are ready for it.

#### Additional Resources

- Article: [If your Teen is depressed](#)
- Article: [5 Things to Help Depression](#)
- [How to help kids who are too hard on themselves](#)