



# MARCH: DEPRESSION

## - What Caregivers Need to Know -

### The Basics

Feeling down sometimes is a normal part of life, but emotions like hopelessness and despair can take hold and not go away. More than just sadness in response to life's struggles and setbacks, 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 Can 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 Coping with Depression:

- Listen to them
- Support them with planning and participating 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, kind, and respect their boundaries.
- Help them find professional support if they are ready for it

#### Additional Resources

- Article: [How to Talk About Depression](#)
- Article: [How to help kids who are too hard on themselves](#)
- [Resource for Young Children](#)
- [Resource for Teens](#)