



MARCH: DEPRESSION

- What Teachers 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 student's ability to work, study, eat, sleep, and enjoy life. Just trying to get through the day can be overwhelming.

Signs of Depression:

Physical: appetite or weight changes, sleep changes, loss of energy, restlessness, unexplained aches, and pains

Emotional: feelings of helplessness or hopelessness, loss of interest in daily activities, anger or irritability, self-loathing or reckless behavior, concentration problems

If a student expresses thoughts of self-harm and/or suicide, please contact a member of the school wellness team immediately so that the student can be adequately supported.

Classroom Tips:

Depression can interfere with students' day-to-day activities. You can support them by:

- Validating their feelings
- Checking in if you notice changes and letting them know you are a source of support
- Incorporating physical activities into daily classroom instruction
- Help combat disorganization or forgetfulness by reminding students to use planners and post reminders for assignments in the classroom
- Create opportunities for students to engage in social interactions
- Connect them to the school wellness team

Additional Resources

- Article: How to Talk About Depression
- Resource: School and Classroom Strategies
- Resource: Emotional Regulation Activities