

Child/Adolescent Depression

Can Children Really Suffer From Depression?

Yes! Childhood depression is different

from the normal "blues" and everyday emotions.

- ❖ Just because a child seems sad doesn't necessarily mean they have depression.
- ❖ If the sadness becomes persistent, or if disruptive behavior that interferes with normal social activities, interests, schoolwork, or family life develops, it may indicate that he or she has a depressive illness.
- ❖ Keep in mind that while depression is a serious illness, it is also a treatable one.

Depression is not a passing mood.

It is a medical condition that will NOT go away without proper treatment.

What Causes Depression in Children?

Depression in children can be caused by any combination of factors including:

- ❖ Physical health
- ❖ Life events
- ❖ Family history
- ❖ Environment
- ❖ Genetic vulnerability
- ❖ Biochemical disturbance.



How Can I Tell if My Child Is Depressed?

- Irritability or anger
- Frequent feelings of sadness and hopelessness
- Social withdrawal
- Increased sensitivity to rejection
- Changes in appetite
- Changes in sleep
- Vocal outbursts or crying
- Difficulty concentrating
- Fatigue and low energy
- Physical complaints (such as stomachaches, headaches) that don't respond to treatment
- Reduced ability to function during events and activities at home or with friends, in school, extracurricular activities, and in other hobbies or interests
- Feelings of worthlessness or guilt
- Impaired thinking or concentration
- Thoughts of death or suicide

What Are the Treatment Options?

We can help! Therapy can be a very effective treatment for depression. If recommended, Medication can also be an option!