

DEPRESSION IN CHILDREN AND ADOLESCENTS

12.5% of children ages 12 to 17 are estimated to have depression

Helpful Strategies

- Positive Relationships
- Minimize conflict
- Help with problem solving and destressing

SIGNS OR CHARACTERISTICS

Emotional



- Outbursts
- Temper tantrums
- Unexplained crying
- Irritability
- Chronic boredom or apathy

Social



- Difficulty maintaining relationships
- Isolation
- Withdrawal
- Poor communication

Behavioral



- Extreme sensitivity to rejection or failure
- Reckless or risky behavior
- Alcohol or Drug Use

Physical



- Headaches
- Stomachaches
- Sleepiness



Increase in:

- School refusal
- Absences
- Poor school performance

Contact the **school psychologist** or **school counselor** if your child is experiencing these symptoms