

INFORMATION FOR PARENTS

ON DEPRESSION



Occasional sadness is a normal part of growing up. However, if your child is: **sad, irritable, and no longer enjoying things, for weeks or more, they may be suffering from depression.** With depression, people get stuck in negative thoughts. They might focus on problems and faults, and believe things will never get better or nothing matters. They may have: low energy, and trouble motivating, concentrating, and focusing. It may be difficult to: do schoolwork, pay attention in class, or remember lessons.

SIMPLE ACTIONS THAT CAN HELP WITH DEPRESSION:

- Eat healthy foods
- Get the right amount of sleep
- Exercise every day
- Take time to relax
- Try to notice the good things
- Do something creative
- Get sunlight!

PHONE NUMBERS

Teen Line

800-852-8336; text TEEN to 839863

Helpline that connects teens with other highly trained teen "listeners" on topics including relationships, frustration with school, anxiety, stress, depression, loneliness, and suicidal thoughts.

Substance Abuse and Mental Health Service Administration helpline **1-800-662-HELP (4357)**

Free, confidential, 24/7, treatment referral and information service (in English and Spanish) for individuals/families facing mental and/or substance use disorders.

SIGNS AND SYMPTOMS

Younger children may experience sadness, irritability, clinginess, worry, aches and pains, refusal to go to school, or be underweight.

Teens may experience feeling unusually sad, discouraged, hopeless, helpless, alone, guilty, unworthy, rejected, or unloved.

TREATMENTS

- Do what you can to care for yourself
- See a doctor or counselor
- Medications can help

DON'T WAIT FOR DEPRESSION TO GO AWAY

RESOURCES

Please visit [essexpediatrics.com/resources/](https://www.essexpediatrics.com/resources/) for links and additional resources.

GUIDEBOOK ON DEPRESSION AND MEDICATION

https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/DepressionGuide-web.pdf

PSYCHOLOGY TODAY

<https://www.psychologytoday.com/us/therapists/vermont>
Search by age, gender, specialty, types of therapy, and insurance.

MENTAL HEALTH RESOURCES IN VERMONT

national alliance on mental health-Vermont;
namivt.org

HOW TO TALK TO YOUR CHILD ABOUT MENTAL HEALTH

<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids/How-to-Talk-to-Your-Child-About-Their-Mental-Health>