

Pediatric Depression Explained

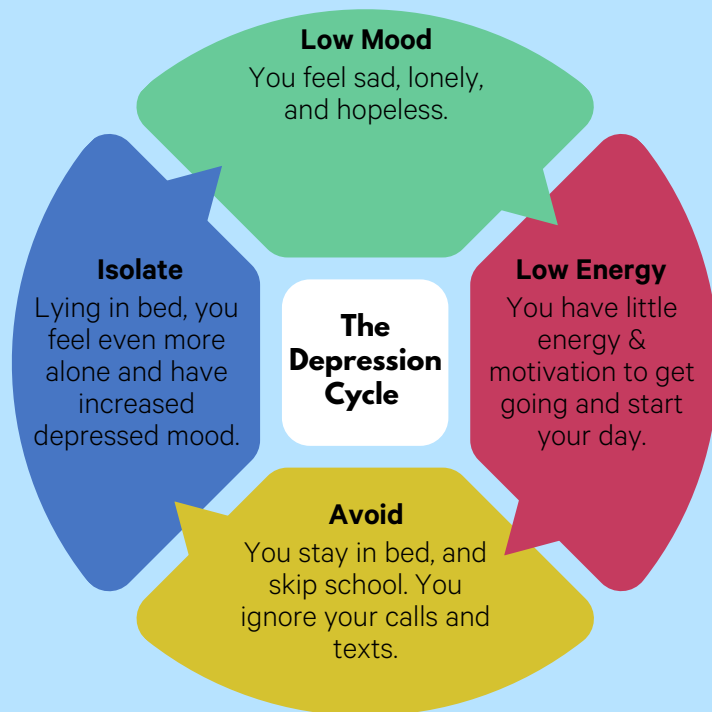
Signs and Symptoms of Depression in Kids

What is Depression?

Everyone experiences sadness or low mood triggered by life events. Sometimes, it seems to happen for no reason. Depression is when these feelings last for long periods of time and interfere with your ability to do the things you previously enjoyed.

When to get Help

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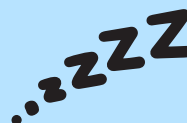
Crying more than usual



Feeling hopeless or worthless



Changes in appetite



Changes in sleep (more or less)



Social withdrawal



Lack of energy or motivation



Irritable or grouchy



Problems focusing



Fatigue or body aches



Thoughts of death or suicide

YouTube Videos



5 Ways to Talk about Depression with Your Parents

By Psych2Go



What is depression? - Helen M. Farrell

By TED-Ed

Books for Kids



Childhood Depression: What Parents Need to Know

kidshealth.org



Anxiety and Depression in Children

cdc.gov

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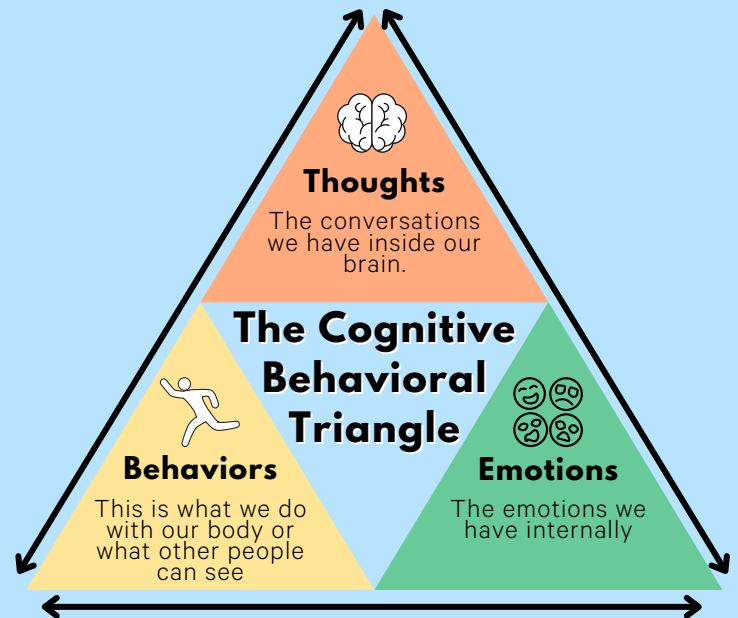
Helping your Child Cope with Depression

Cognitive Behavioral Therapy

The evidence-based treatment for depression is Cognitive Behavioral Therapy, also known as CBT. CBT focus on the mind-body connection and focuses on the relation between our thoughts, feelings, and behaviors. CBT targets:

- Negative cognitions by challenging thoughts
- Behaviors by increasing the frequency of enjoyable activities and coping strategies.

CBT is an active treatment meaning you and your child will be learning skills and practicing these skills between each therapy session.



Ways to Cope at Home

Get Moving!

When you are sad or depressed, you may be less active than normal. If you move your body, it produces special chemicals that make you feel better. You can go for a walk, turn on music and dance, practice yoga, or download a movement app, like GoNoodle!

Schedule in fun

One treatment for depression is behavioral activation. When we do things we enjoy, our mood tends to improve. Depression often makes it difficult for us to engage in activities we previously enjoyed. Schedule in enjoyable activities into your day and track your mood.

Challenge negative thoughts

Sometimes our thoughts make us feel worse. You can challenge unhelpful, anxious thoughts to make them healthier. Ask yourself "Is this thought true?". If the answer is no, try to replace it with a helpful thought like, "I can do hard things." The more times you replace unhelpful thoughts with coping thoughts, the easier this becomes for your brain.

Relaxation

Diaphragmatic Breathing - Diaphragmatic breathing is a specific breathing strategy that helps calm your body by slowing down your breathing. When doing this, focus on breathing in for a count of 4, holding, then breathing out for a count of 4.

How to Find a Therapist

Talk to your doctor to get info on local mental health providers in your area or contact your insurance company to get a list of local providers who accept your insurance.

PsychologyToday.com also has a search tool to find mental health providers in your area.

- Enter your zip code or state
- Search by criteria using the left filter window (CBT, Depression)
- Filter by type of insurance, location, gender of provider, and specialty

In an Emergency

If you have concerns about your child's safety, ask them directly if they are thinking of hurting or killing themselves. If your child has made a suicide attempt or is showing warning signs of suicide, call 911 or take your child to the nearest emergency room.

National Support Numbers:

- National Suicide Prevention Lifeline at 988
- National Youth Crisis Hotline at 800-422-HOPE
- National Parent Helpline at 855-4APARENT