

COPING WITH CHILDHOOD DEPRESSION

Depression influences our how we feel, what we think, and how we act. There are several techniques we can use to improve our mood and feel better.

MOVE YOUR BODY

Since our feelings and behaviors are connected, the things we do effect how we feel. Doing an enjoyable activity can make us feel better This is called behavioral activation. Make a list of pleasant activities you enjoy doing. This might be listening to music, going for a walk, or drawing. Schedule time each day to do a pleasant activity.

CHALLENGE THOUGHTS

Our thoughts influence how we feel and what we do. Negative thoughts can sneak into our heads and make us feel bad. These negative thoughts are like bullies, making us fee bad. When you notice a negative thought ask yourself, "do I have evidence to support this?" or "what are the chances this thought is correct?"

TALK ABOUT IT

Social connection is one way to increase mood. Find someone you feel comfortable talking to and reach out. You may choose to talk in person, on the phone, or over video chat.

Parents - practice reflective listening when your child shares their feelings with you. Instead of saying "don't be sad" or "you have a great life" say "thank you for sharing with me".

GET SUPPORT

Getting connected to a mental health professional is a great way to learn helpful coping strategies and feel better. Ask your child's doctor for providers in your area .

If you are feeling suicidal, call

- 911
- 800-422-HOPE National Youth Crisis Hotline
- 1-855-4APARENT National Parent Helpline