

Signs of Depression

- Withdrawing from friends and family
- Increased sensitivity to rejection
- Increased or decreased appetite
- Sleeplessness or excessive sleep
- Vocal outbursts or crying
- Difficulty concentrating
- Fatigue and low energy
- Complaints about not feeling well (stomachaches, headaches)
- Feelings of worthlessness or guilt
- Impaired thinking or concentration
- Thoughts of or talks about death or suicide
- Irritability and anger
- Continuous feelings of sadness and hopelessness

Information in this brochure was provided by these wonderful resources:

www.handyhandouts.com

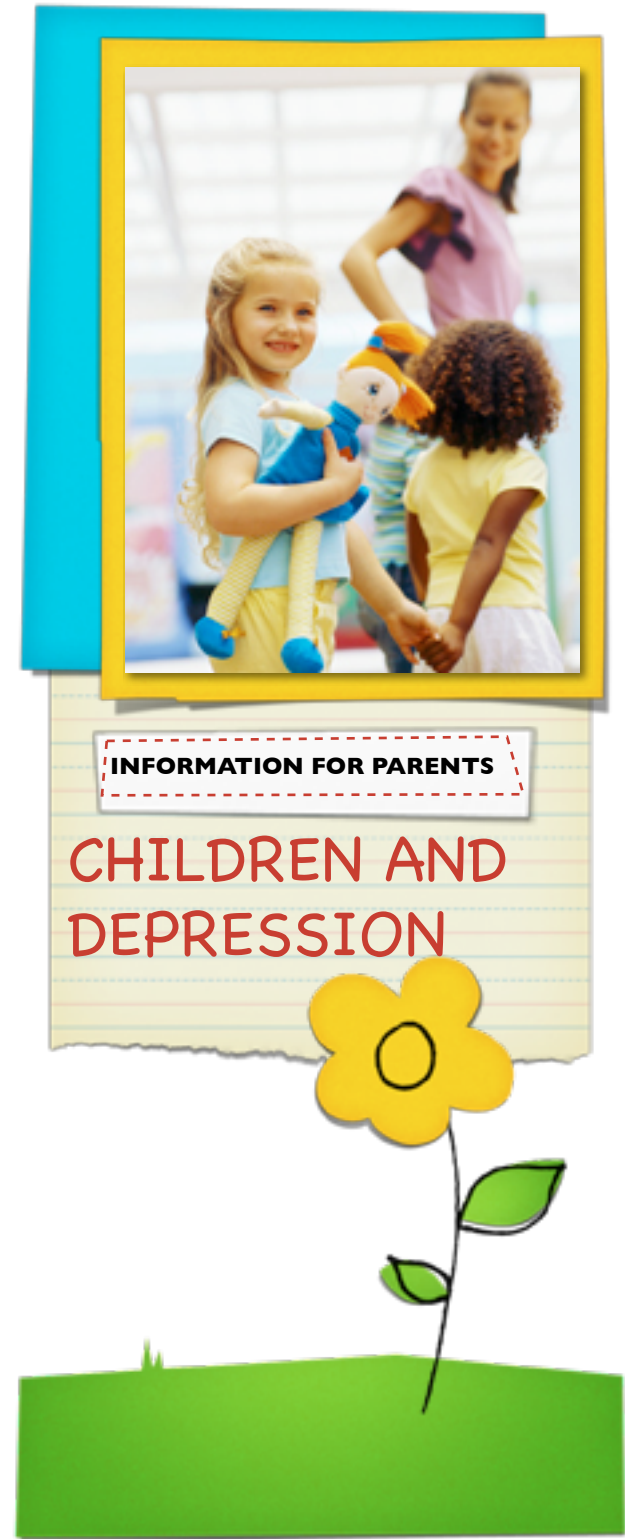
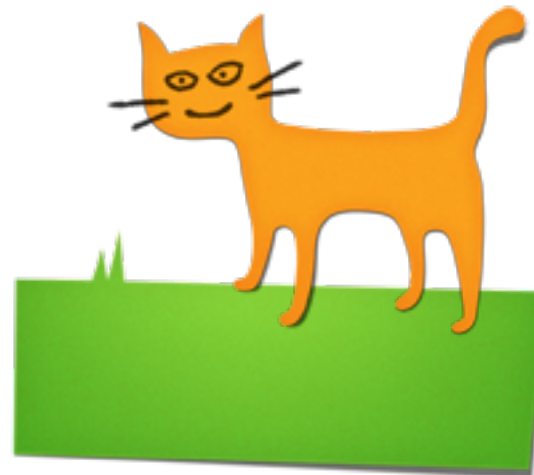
www.kidshealth.org

The American School Counselor Association

The Jason Foundation

National Institute of Mental Health

www.nami.org





Do children really suffer from depression or are they just sad? Yes! “According to the National Institute of Mental Health, depressive disorders have affected approximately 11.2 percent of 13- to 18-year-olds in the United States at some point during their lives. Girls are more likely than boys to experience depressive disorders.” (‘Children and Depression’ by Becky Spivey.)

What should I do or say? Watch and listen to your child for sudden changes in behavior and warning signs. Open the discussion with your child by using open-ended observations such as “Your teachers and I have been noticing things seem to be very hard for



you lately, can you tell me about that?” When talking with your child stay calm and focused on the child so that he/she feels safe and supported. Give compassionate and assertive statements like “thank you for sharing

and trusting me with this” or “I am so proud you found the courage to talk to me about this.” Don’t give advice. Advice giving can shift the focus from the child and they may become defensive. Instead of trying to interpret their feelings, ask them how they are feeling. Avoid questions like “you don’t really want to do that do you?” or accuse them of lying for attention. Instead give brief comments on the feelings he/she is experiencing. Accept the feelings he/she is having and avoid trying to put a positive spin on what he/she is experiencing.

How else can I help? Talk with your child’s pediatrician about the concerns. You can also help your child stay active and maintain a healthy lifestyle. Accept that children don’t just “snap out of it” and provide care and compassion for your child. (www.kidshealth.org). Help set safe boundaries for your child, but do so without punishing him/her for symptoms related to their depression. If you suspect your child is at risk of hurting themselves ensure that they house is safe (removing possible weapons, etc.).

RESOURCES

The following is a list of local and national resources for parents and children.

CRISIS SERVICES YOUTH VILLAGES-
(865)-791-9224

Available 24 hours a day, 7 days a week. Supports families living in Anderson, Blount, Campbell, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Knox, Loudon, Morgan, Roane, Sevier, Scott and Union Counties. Works with children ages 5-17.

MOBILE CRISIS (MCNABB CENTER)-
(865) 539-2409

For families in Blount, Knox, Loudon, Monroe, and Sevier Counties

JASON FOUNDATION-
WWW.JASONFOUNDATION.COM

There are several JFI offices in the area including: The Village Behavioral Health, Parkridge Valley Hospital, Blue Ridge Mountain Recovery Center, and TriStar Skyline Madison Campus.



TN SUICIDE PREVENTION NETWORK WWW.TSPN.ORG

A state wide organization that is responsible for implementing the TN Strategy for Suicide Prevention. They host monthly support group meetings.

NATIONAL SUICIDE PREVENTION LIFE LINE

If you or someone you know is considering suicide please call 1-800-273-TALK (8255).
Suicidepreventionlifeline.org