



Post Falls School District Elementary Counseling Program

Fact Sheet: **DEPRESSION**

Information for Home

About Depression	What you may see at home	How to help your child
<p>Depression is a medical disorder that causes a person to feel sad</p> <p>There is no single cause for depression. There are many interrelated factors that put a child at risk for developing depression</p> <p>Feelings are very intense and can last for weeks/months</p> <p>Children may be unaware or unwilling to admit depressive behavior, feelings, and/or symptoms</p> <p>It can seem that the child is acting lazy or defiant when they are struggling with depressive symptoms</p> <p>Most common treatment recommendations would be therapy and medication</p> <p>Adults should become concerned when symptoms last more than two months and don't respond to regular parent/caregiver support</p>	<ul style="list-style-type: none"> •Increased and frequent feelings of sadness •Loss of energy •Difficulty concentrating •Change in grades •Increased trouble at school •Refusing to go to school •Change in eating/sleeping habits •Feeling angry/irritable •Hypersensitive •Feeling worthless •Lack of motivation •Low self-esteem •Frequent crying •Irrational worries/fears •Persistent somatic complaints •Failing to engage in activities they once enjoyed •Overly sensitive to criticism •May need extra time to finish tasks •Change in social groups •Self-harm •Increased risky behavior •Thoughts of death/suicide 	<ul style="list-style-type: none"> •Contact your family physician for information and possible referrals to other supports •Break responsibilities into smaller tasks •Address negative self-talk •Reinforce positive behavior and thoughts •Set up social time with peers and family •Listen to and acknowledge child's feelings •Communicate with classroom teacher, counselor and other involved professionals •Seek immediate medical attention at local hospital if child is feeling suicidal

Additional Resources for Depression

- Kootenai Health's Depression and Bi-Polar Support Group: 208-666-2960
- Parent Support group @ Alliance Family Service in CDA: 208-664-9729
- www.childmind.org
- www.bced.gov.bc.ca/specialed/docs/depression_resource.pdf
- <http://kidshealth.org>
- <http://www.adaa.org>
- www2.massgeneral.org/schoolpsychiatry/info_depression.asp
- www.ksde.org
- www.healthychildren.org
- www.childrenshospital.org
- www.parenting.com/article/6-things-to-know-about-child-depression
- National Institute for Mental Health: www.nimh.nih.gov
- SAMHSA'S National Mental Health Information: www.mentalhealth.sahsa.gov
- SAVE (Suicide Awareness Voices of Education) www.save.org
- National Alliance for Mental Health (NAMI) www.nami.org
- You may always contact your child's school counselor for additional resources/information