

### **Educational Implications**

Students experiencing depression may display a marked change in their interest in schoolwork and activities. Their grades may drop significantly due to lack of interest, loss of motivation, or excessive absences. They may withdraw and refuse to socialize with peers or participate in group projects.

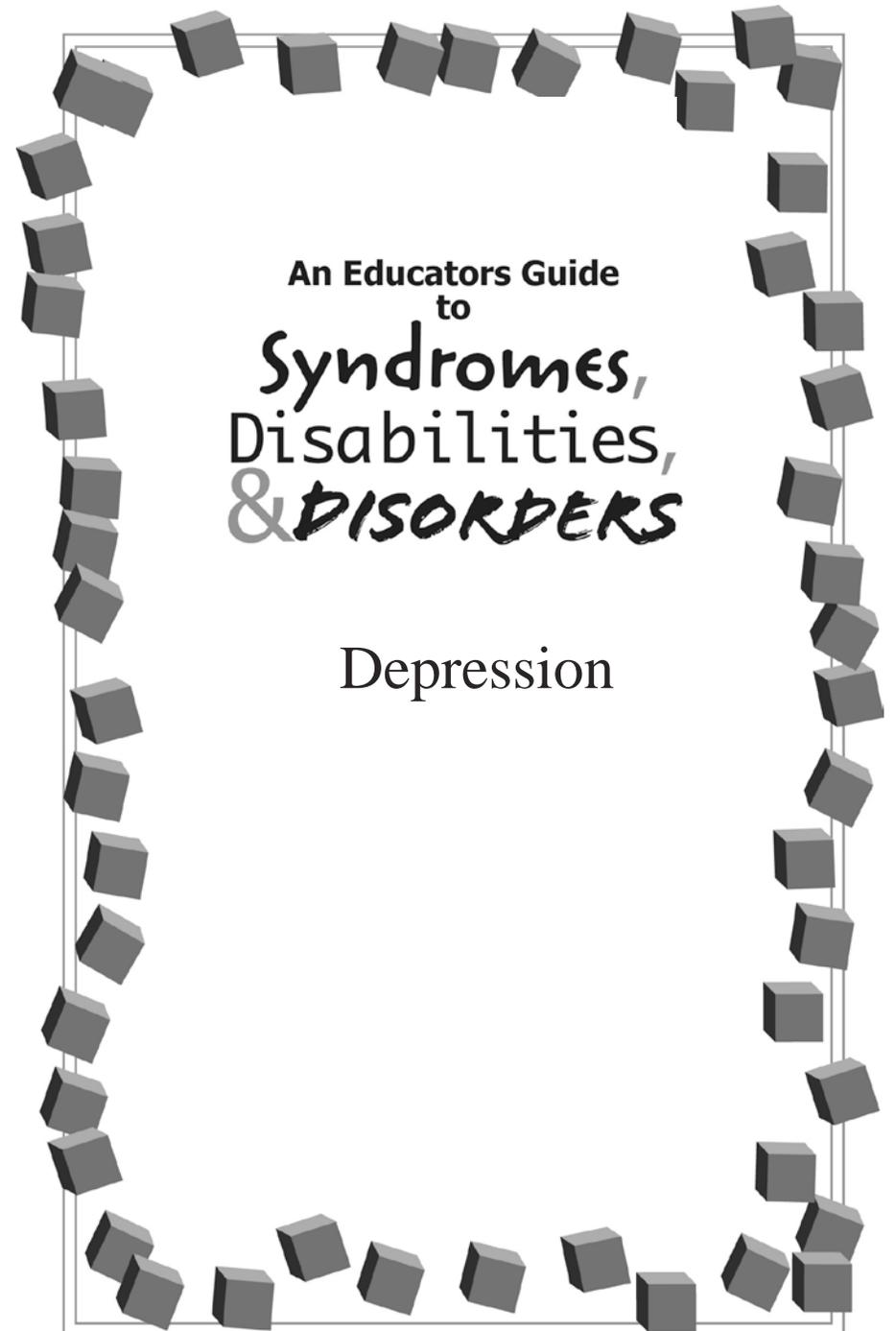
### **Resources**

**The Council for Exceptional Children (CEC)**  
1110 North Glebe Road, Suite 300, Arlington, VA 22201  
703-620-3660  
[www.cec.sped.org](http://www.cec.sped.org)

**National Institute of Mental Health (NIMH)**  
Office of Communications  
6001 Executive Boulevard, Room 8184, MSC 9663  
Bethesda, MD 20892-9663  
866-615-6454  
[www.nimh.nih.gov](http://www.nimh.nih.gov)  
*Free educational materials for professionals and the public*

**SAMHSA'S National Mental Health Information Center—Center for Mental Health Services**  
PO Box 42557, Washington, DC 20015  
800-789-2647  
[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

**SA/VE (Suicide Awareness Voices of Education)**  
9001 East Bloomington Freeway, Suite 150  
Bloomington, MN 55420  
952-946-7998  
[www.save.org](http://www.save.org)



### *Symptoms or Behaviors*

The most common symptoms of depression in children and teens are:

- Sadness that won't go away
- Hopelessness
- Irritability
- School avoidance
- Changes in eating and sleeping patterns
- Frequent complaints of aches and pains
- Thoughts of death or suicide
- Self-deprecating remarks
- Persistent boredom, low energy, or poor concentration
- Increased activity
- Sleeping in class
- Defiant or disruptive
- Refusal to participate in school activities
- Excessive tardiness
- Not turning in homework assignments, failing tests
- Fidgety or restless, distracting other students
- Isolating, quiet
- Frequent absences
- Failing grades

- Refusal to do school work and general non-compliance with rules
- Talks about dying or suicide

### *Instructional Strategies and Classroom Accommodations*

- Reduce some classroom pressures.
- Break tasks into smaller parts.
- Reassure students that they can catch up. Show them the steps they need to take and be flexible and realistic about your expectations. (School failures and unmet expectations can exacerbate the depression.)
- Help students use realistic and positive statements about their performance and outlook for the future.
- Help students recognize and acknowledge positive contributions and performance.
- Depressed students may see issues in black and white terms— all bad or all good. It may help to keep a record of their accomplishments that you can show to them occasionally.
- Encourage gradual social interaction (i.e. small group work).
- Ask parents what would be helpful in the classroom to reduce pressure or motivate the child.