

DEPRESSION & CHILDREN

Signs & Advice

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1. SIGNS OF DEPRESSION
2. WHAT YOU CAN DO
3. SEEKING PROFESSIONAL ADVICE
4. WEB BASED RESOURCES

SIGNS YOUR CHILD MAY BE DEPRESSED

THINKING

- Thinking about themselves & future negatively
- Excessive guilt
- Thoughts about death or hurting themselves
- Difficulties concentrating (doesn't seem to listen, mind is 'elsewhere')
- Forgetful
- Expecting the worst
- Finding it difficult to make decisions

EMOTIONS

- Feelings of sadness (unhappy, seems down)
- Depressed mood
- Not interested in usual activities
- Not experiencing pleasure
- Anxiety & apprehension
- Bored & hard to motivate
- Whining & whinging

BEHAVIOUR

- Restlessness, fidgety, difficulties settling
- Agitation, nervous, jumpy
- Not doing activities they usually enjoy
- Slowed movements, dawdling

PHYSICALLY

- Fatigued/tired
- Changes in sleeping
- Changes in eating
- Changes in weight
- Aches & pains

RELATIONSHIPS

- Lonely & avoidant of others
- Withdrawing from friends
- Poor school performance
- Deterioration in family relationships

WHAT YOU CAN DO

- Maintain normal routines & activities
- Make time to talk to them when there are no distractions
- Listen to them
- Remain supportive
- Keep them active- physical exercise can promote a positive mood
- Encourage them to make time with their friends
- Schedule time for fun activities
- Encourage relaxation
- Break down tasks that are viewed as "too big" & overwhelming
- Model positive actions
- Give positive feedback & encouragement
- Gently challenge your child's negative thinking

CONSIDER CONSULTING A PROFESSIONAL

- Clinical Psychologist
- Registered Psychologist
- School Counsellor
- General Practitioner
- Psychiatrist
- Local Community Health centre
- Free phone service for kids: 1800551800

CONSULT WEB BASED RESOURCES FROM REPUTABLE ORGANISATIONS

www.kidsmatter.edu.au
www.beyondblue.org.au
www.kidshelpline.com.au