



Get the Facts: Depression in Children and Adolescents

- Depression in children and teens is common.
 - 1 in every 33 children experiences depression
 - 1 in every 8 adolescents experiences depression
- Symptoms of depression vary based on the child's age and may include:

Preschool Children

- Tiredness
- Decreased energy
- Decreased interest in playing
- Crying more easily or more often

School Age Children

- Lacking energy
- Moodiness
- More irritable than usual
- Looks sad
- Easily discouraged
- Complains of boredom
- More distant with family and friends
- Difficulty with school work

Teens

- Excessive tiredness
 - Drops out of favorite activities
 - More arguments with parents/teachers
 - Refuses to do chores or homework
 - Engages in harmful behavior
 - Has suicidal thoughts
- There is help for children and teens with depression.
 - Common treatments include talking with a professional counselor, antidepressant medication, or both.



- If you think your child or teen has depression:
 - Find professional help
 - Talk with your child
 - Listen to your child
 - Be active with your child
 - Fix healthy meals

- Note that children and teens on medication for depression will need regular check-ups and monitoring. They also will need your help to follow their treatment plan.

For more information, visit: www.bluetoyou.org.

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