

Depression in Children & Adolescents

Participant Handout

OBJECTIVES

By the end of this training, you will know:

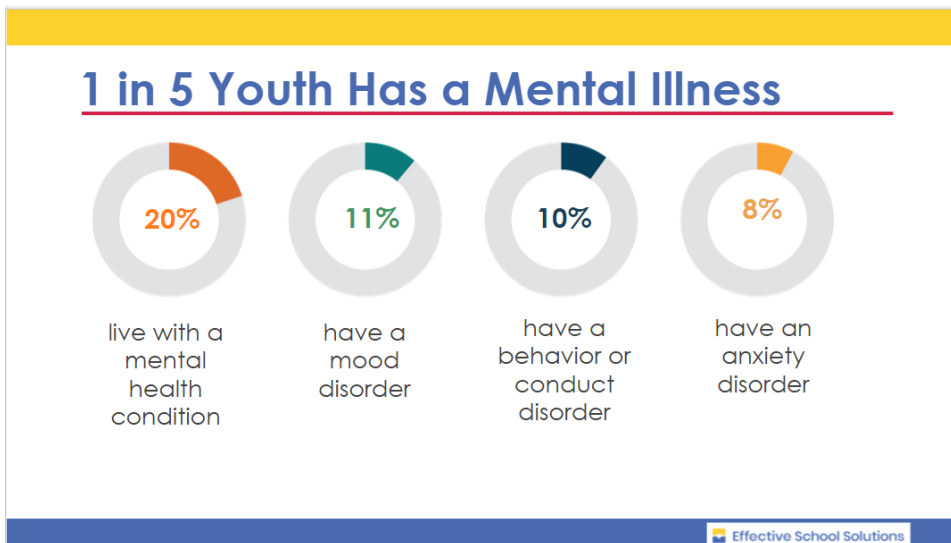
1. **What depression is** and how prevalent it is
2. **Risk factors and symptoms** of depression
3. Major risks & symptoms of **suicidality**
4. How you can **help support** your child if they are at risk for depression



Partner Talk: *Why is important to talk about depression as parents?*



True/False: Is depression becoming more common amongst young people?

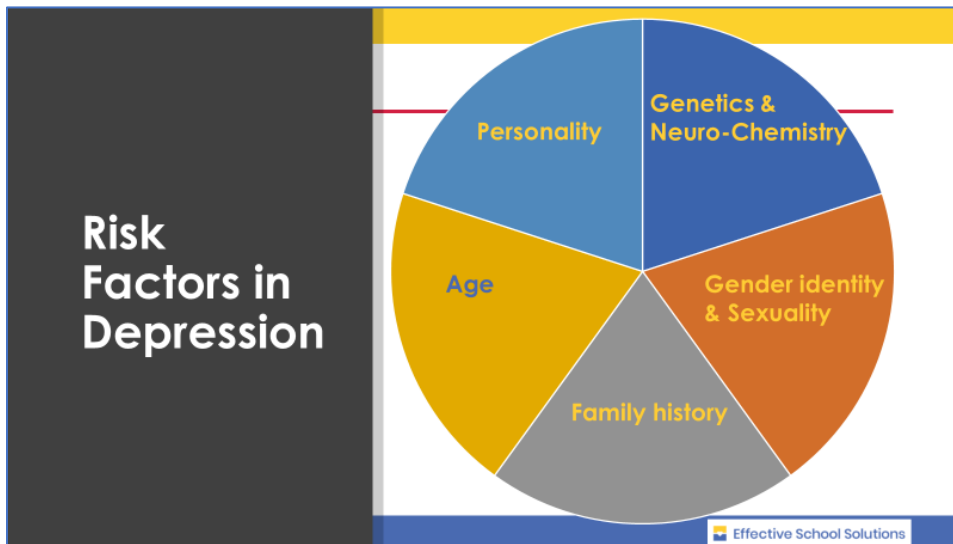




True/False: Laziness is a major cause of depression.



Quick Write: What does depression look like? What are signs that a child may be depressed?



True/False: Girls are more likely to die by suicide than boys.



Warning Signs of Suicide Risk

TALK	BEHAVIOR
<ul style="list-style-type: none"> • Talking about suicide, no reason to live • Talking of being a burden to others • Saying goodbye 	<ul style="list-style-type: none"> • Sudden withdrawal from activities • Sudden isolation from friends • Researching suicide or methods • Giving away prized possessions



True/False: Talking about depression can make it worse; it is better to connect to something positive.

Connect with Your Child

- Ask:
 - *Are you okay?*
 - *Are you thinking about suicide?*
 - *How can I help?*
- Do not promise confidentiality – promise help.
- Always take your child seriously.

How to Refer a Child

- Be specific!
- Provide details of the behavior or signs precipitated the referral.
- Describe your child's previous behavior.
- Share information about absences, change in behavior, performance, concerns voiced by teachers.

Non-Clinical Supports for Depression

- Nutrition and Exercise
 - Lift depression
 - Change brain chemistry by increasing endorphins and serotonin
- Creative Expression
 - Drama, art, music & writing can be a positive outlet for strong emotions and redirect thought patterns
- Volunteer work
 - Can provide a sense of purpose and meaning
 - Helping someone else offers perspective

3-2-1 Reflection

3 Things I learned:

2 Ideas I will try:

1 Thing I would like to learn more about:



Resources:

- Anxiety and Depression Association of America (ADAA): <https://adaa.org/living-with-anxiety/children/childhood-anxiety-disorders>
- *Age, Period, and Cohort Trends in Mood Disorder Indicators and Suicide-Related Outcomes in a Nationally Representative Dataset, 2005-2017*, Journal of Abnormal Psychology, 2019, Vol. 128, No.3, 185-199
- Child Mind Institute: <https://childmind.org/>
- Crisis Text Line: 24/7 crisis counselors available by text. Text CONNECT to 741741
- Families for Depression Awareness: <http://www.familyaware.org/>
- NIMH: <https://www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml>

- Suicide Prevention Lifeline – National network of local crisis centers with 24/7 support. www.SuicidePreventionLifeline.org