

Break Free From Depression



What Parents Might Notice

<ul style="list-style-type: none"> • Depressed, irritable, sad, or empty mood for at least 2 weeks 	<ul style="list-style-type: none"> • Irritable or cranky mood, preoccupation that life is meaningless
<ul style="list-style-type: none"> • Decreased interest or decreased enjoyment in once-favorite activities and people 	<ul style="list-style-type: none"> • Loss of interest in sports or activities, withdrawal from friends and families, relationship problems
<ul style="list-style-type: none"> • Sleeping too much or too little 	<ul style="list-style-type: none"> • Excessive late night activities, having difficulties falling asleep or staying asleep, having trouble getting up in the morning, late for school
<ul style="list-style-type: none"> • Physical agitation or slowness 	<ul style="list-style-type: none"> • Taking a long time to complete a task, pacing back and forth and/or excessive repetition of behaviors
<ul style="list-style-type: none"> • Fatigue or loss of energy 	<ul style="list-style-type: none"> • Social withdrawal, napping, withdrawal from usual activities, boredom
<ul style="list-style-type: none"> • Low self-esteem, feeling guilty 	<ul style="list-style-type: none"> • Making critical comments about themselves, having behavior problems at home or school, being overly sensitive to rejection
<ul style="list-style-type: none"> • Decreased ability to concentrate, indecisive 	<ul style="list-style-type: none"> • Poor performance at school, dropping grades, frequent absences
<ul style="list-style-type: none"> • Unexplained aches and pains 	<ul style="list-style-type: none"> • Frequent complaints of physical pain (stomachaches, headaches), frequent visits to school nurse
<ul style="list-style-type: none"> • Recurrent suicidal thoughts or behavior 	<ul style="list-style-type: none"> • Writing about death, giving away favorite toys or belongings, "you would be better off without me"