

# SIGNS & SYMPTOMS OF CHILDHOOD DEPRESSION

## WHAT IS DEPRESSION?

Everyone experiences sadness or low mood triggered by life events. Sometimes, it seems to happen for no reason. Depression is when these feelings last for long periods of time and interfere with a child's ability to do the things they previously enjoyed.

## WHAT DOES IT LOOK LIKE?



Crying more than usual



Fatigue and body aches



Changes in appetite



Changes in sleep (more or less)



Lack of energy or motivation



Feeling guilty or ashamed



Thoughts of death or suicide



Feeling hopeless or worthless



Irritability



Problems focusing

## HOW DO I KNOW IF MY CHILD NEEDS HELP?

Children may show some or all of the symptoms above. Young children tend to complain more about physical symptoms (for example, headaches and belly aches), or they may seem to be more irritable than usual. If one or more of the symptoms above affect a child's ability to function at school, home, or other settings, parents should consider seeking professional help.