

---

**"3.2% of children  
[in the uS] aged  
3-17 years  
(approximately 1.9  
million) have  
diagnosed  
depression."**

Centers for Disease  
Control & Prevention

*Huddle up*

At Huddle Up, we bring our specialist providers, children, school staff, and families together with high quality care that supports the whole community.

**Better Care Together.**

[www.huddleupcare.com](http://www.huddleupcare.com)

Speech Therapy  
Occupational Therapy  
Mental Health Counseling  
Resources & Education



LET'S LEARN MORE ABOUT

**DEPRESSION**

## ABOUT DEPRESSION

Depression is a common but serious mood disorder that causes severe symptoms affecting how you feel and think. Depression can also impact activities of daily living such as sleeping, eating, going to school, or social interactions. To be diagnosed with depression, symptoms must be present for at least two weeks.

In children and adolescents, it can be difficult to determine the difference between depressive symptoms and the typical ups and downs associated with development, especially once a child enters into adolescence.

However, depression can have a large impact on a child's development and their well being as they become an adult.

If you have concerns about your child, please reach out to a professional.



## SUPPORT TIPS

Depressive symptoms won't get better on their own and your child/teen will need support. If you have concerns about your child, please reach out to a professional to discuss next steps.

Additional ways to support your child include:

- Talk to your child about their mental health and your concerns
- Normalize feeling all emotions, even difficult ones.
- Encourage them to participate in activities they enjoy, such as socializing with friends
- Help them get treatment with a mental health professional

**If you are concerned about your child's safety, please call 911**

## SIGNS & SYMPTOMS

- A noticeable change in your child's mood or behavior
- Feelings of sadness, hopelessness, or anger
- Loss of interest in activities or relationships
- Low self-esteem
- High self criticism or fixation on past failures
- Difficulty thinking, concentrating, or making decisions
- Talking about death, dying, or self harm
- Insomnia or sleeping too much
- Tiredness/loss of energy
- Changes in appetite
- Less attention to appearance or personal hygiene

## ADDITIONAL RESOURCES

- [Mayo Clinic - Teen Depression](#)
- [Centers for Disease Control & Prevention](#)
- [Helping Kids Thrive Podcast: How to Talk to Your Teen About their Mental Health](#)

**FOR EXPERT HELP**

[www.huddleupcare.com](http://www.huddleupcare.com)