GUIDELINES FOR EDUCATORS:

“I think my student may be depressed.”

What to do when you are concerned about a child/student:

- Talk to the child. Ask how he or she is feeling. Let the student know that you care and can offer support. Children want to know that someone cares.
- Connect with parents and caregivers
- Talk with the school counselor, psychologist, social worker, nurse, or other support personnel about your concerns. All students are unique and an individual plan should be set in place.
- Give positive feedback to the youngster.
- Provide opportunities for success. It is important for the student to know that you believe in their competence and that they feel they are accepted as a part of the classroom.
- Experiences that offer recognition can help with self-confidence.
- Encourage involvement of all students in class or school activities.
- Model positive actions. Children need to see what healthy behavior looks like and may not have positive role models at home. You may be their only example for this. Foster positive social relationships between youngsters.
- Teach problem solving skills.
- Provide extra learning support. Give more time, break assignments into smaller pieces, offer extra help in setting up schedules or study habits, or pair the student with others who express an interest in helping.

School personnel can have a significant, positive impact on improving the academic, social, and emotional development of children with depression without being professional therapists. Learning about depression and implementing methods to help can make a difference.¹

Visit:

www.SchoolsforHope.org
SchoolsforHope@ifred.org
#teachhope


The mission of the International Foundation for Research and Education on Depression is to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Its goal is to ensure that 100% of the 350 million people affected by depression seek and receive treatment.