Signs and Symptoms of Children with Depression

What to Watch For:

- Frequent sadness, tearfulness, crying more often or more easily
- Hopelessness
- Decreased interest in activities; or inability to enjoy in usual activities
- Persistent boredom; low energy
- Social isolation/withdrawal: spending more time alone, away from family and friends, poor communication
- Becoming “clingy” and more dependent on certain relationships
- Low self esteem
- Overly pessimistic or exhibits excessive guilt or feelings of worthlessness
- Extreme sensitivity to rejection or failure
- Increased irritability, anger, or hostility
- Difficulty with relationships
- Frequent complaints of physical illnesses such as headaches and stomachaches
- Frequent absences from school or poor performance in school
- Poor concentration
- A major change in eating and/or sleeping patterns.
- Talk of or efforts to run away from home
- Thoughts of death or expressions of suicide or self destructive behavior
- Increase in risk-taking behaviors and/or showing less concern for their own safety
- Younger children may act younger than their age (regression)

Depression is a serious mood disorder that can take the joy from a child’s life. It is normal for a child to be moody or sad from time to time. But if these feelings last weeks or months, they may be a sign of depression.

Depression may look different in a child than in an adult and therefore many children do not get the treatment they need. The following list of symptoms may help you identify if a child is experiencing depression. Depression in Children and Teens.1

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

---

Web MD (updated May 2013). Medical Reference from Healthwise, Incorporated.

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.