

# Depression



## What is Depression?

Depression happens when your child feels sad, hopeless, empty, or short-tempered for a few weeks or more. They may also stop enjoying their usual activities and have other behavior changes.

Everyone gets sad sometimes. But having depression means those sad feelings stick around longer and are harder to shake off. Depression can make things hard at home, school, or with friends.



## How to Support Your Child



Depression is **treatable** with **therapy** (like Cognitive Behavioral Therapy), **medication**, or **both**. **Talk to your doctor** about your child's needs.



Encourage your child to do things they liked before. **Hobbies and activities** (like writing, art, music, sports, and others) can help **lower stress**.



**Talk to your child.** Make opportunities for your child to talk to you. Let your child know you are there for them and want to **support them**, however they feel.



Support your child in getting good **sleep**, **exercise**, and eating a **healthy diet**.



Encourage your child to **stay engaged** with friends and family.



If your child has thoughts of suicide or hurting themselves, **get help now**.

**CALL OR TEXT 988 NOW** to reach the national 988 Helpline if you or your loved one are having a crisis or thoughts of suicide.



## Need Help?

If your family needs more help, talk to your doctor.

If your family needs a mental health provider, call the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.

Scan below or [click here](#) for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric **Health** Network

 **Children's National.**