



November 13, 2020

Doherty High School



COUNSELING BULLETIN

Mental Health Concerns

Caroline Miller writes in an article entitled *Signs of Depression During the Pandemic* “As the pandemic continues to limit our lives, one thing we need to be alert for is depression, in our children as well as ourselves. Feeling down in this time of cancelled activities and social distancing is unavoidable, and most of us are struggling to stay positive. But depression is more than just feeling sad or having bad days. A child who seems to be stuck in a negative mood — feeling hopeless and not able to enjoy anything — may have depression and may need help to bounce back.” She says to be aware of the signs of depression and lists them as:

- Unusual sadness or irritability, persisting even when circumstances change
- Loss of interest in activities they once enjoyed
- Reduced feelings of anticipation
- Changes in weight
- Shifts in sleep patterns
- Sluggishness
- Harsh self-assessment (“I’m ugly. I’m no good. I’ll never make friends.”)
- Feelings of worthlessness, hopelessness
- Thoughts of or attempts at suicide

The recommendation is made if several of these symptoms are present for at least two weeks, they can suggest depression. She says that with everyone struggling, it can be hard to know the difference between an irritable or frustrated child and a kid who is slipping into depression. If it persists, she says to seek help.

The article goes on to give recommendations to engage your depressed child. This short article is worth the read. All the above information was taken directly from this article.

[https://childmind.org/article/signs-of-depression-during-coronavirus-crisis/?utm_source=newsletter&utm_medium=email&utm_content=Signs%20of%20Depression%20During%20the%](https://childmind.org/article/signs-of-depression-during-coronavirus-crisis/?utm_source=newsletter&utm_medium=email&utm_content=Signs%20of%20Depression%20During%20the%20)

Should you or anyone you know need immediate help for mental health, here are some resources for you.

If you need to talk to someone immediately please contact

- Colorado Crisis Services
- 844-493-TALK (8255)
- Text: TALK to 38255

If you have a friend you are worried about please call

- Safe to Tell at 1-877-542-7233 -- you can remain anonymous.
- Safe2tell.org
- Mobile App

Check out the information Doherty has on the Webpage for Crisis Information

<https://www.d11.org/domain/905>

Call Aspen Pointe for the most up to day information on their walk in crisis resources 572-6100

Doherty High School has partnered with Thrive Works to offer personal counseling services. Please contact your school counselor if you are interested in this service and they can give you more information.

