



This newsletter is brought to you by the Mental Health Counselors:

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In case of an Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 –(24 hours)

MENTAL HEALTH MATTERS
#ENDTHESTIGMA

Depression in Children and Teens

It's normal for children and teens to feel down sometimes. When kids experience a difficult event such as the loss of a loved one, for example, they may feel grief or deep sadness. For a while, they may not be able to feel happy even when doing the things they usually enjoy. It is normal for grief to lessen over time, though.

Depression is not the same as sadness or grief.

Depression is a mood disorder that causes sadness and related symptoms to be more intense or last longer than usual after a difficult event. Depression can also occur without a triggering event. Children may have depression if their symptoms, which may include sadness, occur every day for more than 2 weeks.

Children and teens may not always know how to describe what they are feeling, or may try to avoid talking about it. Older children and teens may try to hide their feelings because they don't want to bother others, for example. However, there are some common signs that of depression you may notice. Any of these signs can occur in children who are not depressed, but when seen together, nearly every day, they are red flags for depression.

The two most common signs of depression in children & teens

- Seems more sad and irritable than usual, in a low mood for most of the day
- No longer enjoys activities that used to make them happy

Other common signs & symptoms of depression (Kids & teens of all ages):

- Spending more time alone and less time with friends
- Trouble falling or staying asleep, or sleeps more than usual
- More trouble focusing or making choices
- Struggling or failing at school
- A marked change in weight or eating, either up or down
- Talks less and makes less eye contact than usual
- Spending more time using media
- Has less energy or motivation than usual for even simple tasks
- Cries more often or mentions feeling sad, worthless or guilty about things

Among teens & adolescents:

- Not caring or feeling hopeful about the future
- Lacking interest in personal grooming or appearance
- Engaging in substance use

How common is depression in young people?

Depression is one of the most common disorders in the United States, and rates among children and teens have been rising in recent years. As many as 1 in 5 adolescents has depression at some point during their teen years. Every year, about 1 out of 11 adolescents has an episode of major depression.

Full article found at <https://www.healthychildren.org/english/health-issues/conditions/emotional-problems/pages/childhood-depression-what-parents-can-do-to-help.aspx>