



SOCIAL EMOTIONAL NEWSLETTER

CRISIS INTERVENTION & PREVENTION TEAM



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The Team

The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking [HERE](#)

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Sadness vs. Depression

Everyone feels sad sometimes. You may feel sad for different reasons. You may have experienced major life changes or disappointing events.

Sadness may cause you to react in different ways. You might cry, listen to sad music, or spend more time alone. Being sad is a normal reaction in difficult times. But usually, the sadness goes away. When a sad mood lasts for **2 weeks or more and interferes with normal, everyday functioning**, you may be depressed.

The sadness may last longer than 2 weeks but comes and goes versus remaining sad every day. If your performance in one or more areas of your life become to be negatively impacted it is recommended you ask a mental health professional or doctor for their opinion.

What you can do about sadness:

1. Acknowledge what's happening. It's OK to not feel OK.
2. Take care of yourself. Eat well, exercise and sleep.
3. Be mindful of what you're feeling. Concentrate on only one thing at a time and how that activity or thing makes you feel.
4. Maintain connections with others. It may seem easier to isolate and spend time alone but socializing, even if for a brief time, can increase feel good chemicals.
5. Write it out! Being able to "brain dump" on paper may help with organizing our thoughts. Therefore, allowing for clear thinking.
6. Seek professional help with sadness if it does not go away.



Additional Information

McLean Hospital Grand Rounds Lecture Series

Mental Health America Screener

Charlie Health Family Support Groups (Free)

DEPRESSION IN THE CLASSROOM

Childhood depression shared many symptoms with adult depression, but some are more common or exhibit differently in kids. Depression is generally diagnosed when some or all of symptomatic behaviors have been present consistently for at least two weeks. Many of those behaviors can be observed in the classroom and impact their education engagement and performance. Some of the behaviors you might see in the classroom are:

1. Irritability and hypersensitivity
2. Difficulty concentrating and/or completing assignments
3. Frequent complaints of physical symptoms or visits to the school nurse
4. Increased risky behavior
5. Persistent boredom (low energy)
6. Interpersonal struggles
7. Frequent absences from school
8. More trips to the principal's office due to behavior attributed to lower distress tolerance

This is not an extensive list of behaviors nor symptoms. It is encouraged that you, as a supportive adult in a child's life, be mindful of what their behaviors may be communicating.

Depression: How effective are antidepressants?

Like psychotherapy, antidepressants are a key part of treating depression. They aim to relieve symptoms and prevent depression from coming back.

Opinions vary on how effective antidepressants are in relieving the symptoms of depression. Some people doubt that they work well, while others consider them to be essential. But, like with many other treatments, these medications may help in some situations and not in others. They are effective in moderate, severe and chronic depression, but probably not in mild cases. They can also have side effects. It is important to discuss the pros and cons of antidepressants with your doctor.

The main aim of treatment with antidepressants is to relieve the symptoms of severe depression, such as feeling very down and exhausted, and prevent them from coming back. They are meant to make you feel emotionally stable again and help you to follow a normal daily routine. They are also taken to relieve symptoms such as restlessness, anxiety and sleep problems, and to prevent suicidal thoughts.

How do antidepressants work?

The nerve cells in our brain use various chemicals to pass on signals. Even though not all details are known, experts believe that depression is caused by an imbalance of certain chemical messengers (neurotransmitters) like serotonin, which means that signals can't be passed along the nerves properly. Antidepressants aim to increase the availability of these chemicals.

Types of Depression

Major depressive disorder:
Depressed mood, diminished interest or pleasure, and other physical, cognitive, and emotional symptoms

Perinatal:
Occurs before or after childbirth

Premenstrual dysphoric disorder:
Significant mood swings, irritability, depressed mood, or anxiety before menstruation

Persistent depressive disorder:
Depression that occurs for more than 2 years

Seasonal affective disorder:
Occurs seasonally

Atypical:
Diagnosed with MDD and includes mood reactivity, increased appetite, sleep, heavy feeling in the limbs, and rejection sensitivity



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