



CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

Did You Know:

Depression is something children cannot manage alone. Children who don't have the capacity to deal with emotions and who struggle to ask for help can find it even more difficult to cope with a mental illness such as depression. It is important that children and young adults, as well as their parents, learn how to live with depression.

Strategy of the Month: **Tips and Tricks for managing Depression**

7 ANXIETY & Depression Coping Strategies

1. Talk openly about your feelings
2. Postpone your worries
3. Put your worries into perspective
4. Change your routine
5. Think positive thoughts
6. Keep a journal
7. Seek the advice of a professional



Signs of Depression in Children (Webmd.com)

- Irritability or anger
- Continuous feelings of sadness and hopelessness
- Social withdrawal
- Increased sensitivity to rejection
- Changes in appetite (either increased or decreased)
- Changes in sleep patterns (sleeplessness or excessive sleep)
- Vocal outbursts or crying
- Difficulty concentrating

Be Aware and Take Care (Jumohealth.com)

- Be your child's safety net - Look for symptoms and seek help by consulting a professional.
- Establish healthy routines - Ensure enough sleep and encourage physical wellness. Promote a healthy diet Limit exposure to technology and harmful social media influences.
- Spend quality time with your child - Children and teenagers who are feeling depressed tend to withdraw from their environment and seek isolation. Continue

<ul style="list-style-type: none"> • Fatigue and low energy • Physical complaints (such as stomachaches, headaches) that don't respond to treatment • Reduced ability to function during events and activities at home or with friends, in school, extracurricular activities, and in other hobbies or interests • Feelings of worthlessness or guilt • Impaired thinking or concentration • Thoughts of death or suicide 	<p>to make your support known by being present and by offering encouragement. Celebrate small victories with them on their good days and be there for their bad days.</p> <p>Ideas for Quality Time</p> <ul style="list-style-type: none"> • Seek Treatment - Find a mental health professional to support your child. • Take care of yourself - A healthy parent who takes care of the family and themselves is essential to creating a stable environment. Maintaining a healthy eating routine, getting enough sleep and regular exercise sets a great example and encourages children and teenagers with depression to get involved.
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If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

<p>The Maryland Coalition for Families is available to provide the following supports</p> <ul style="list-style-type: none"> • Parents and caregivers of children with mental health needs • Anyone who cares for a loved one struggling with substance use disorder • Anyone who cares for a loved one struggling with problem gambling 	<p>Families and others can reach MCF by:</p> <ul style="list-style-type: none"> • Calling our statewide intake line at 410-703-8267 • Emailing info@mdcoalition.org
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