

# DEPRESSION IN CHILDREN & TEENS

Children and teens can become depressed, in addition to adults.

Significant depression exists in about 5% of children and adolescents in the general population.

The following are signs of depression often found in children and teen

- Y Persistent sadness
- Y No longer enjoys or looks forward to favorite activities
- Y Increased activity or irritability
- Y Frequent absences from school or poor performance in school
- Y Persistent boredom, low energy, poor concentration
- Y A major change in eating and/or sleeping patterns
- Y Low self-esteem

Children who are depressed may seem more *angry* than *sad*; however, irritability is a sign of depression. These kids may cause trouble at home and at school. A depressed child may also begin spending time alone, and may withdraw from previous activities he once enjoyed. Children and teens may even say they want to be dead or talk about suicide.

Depressed teens often abuse alcohol or other drugs as a way to feel better.

Linda Schaefer, M.A. Licensed Professional Counselor  
Associated Counseling Professionals  
12818 Augusta Avenue Omaha, NE 68144 (402) 334-1122