Depression

When children feel persistent sadness and hopelessness, they may be diagnosed with depression.

Depression is defined as having moderate or severe depressive symptoms in the past two weeks.

Examples of behaviors seen in children who are depressed include:

- Feeling sad, hopeless, or irritable a lot of the time.
- Not wanting to do or enjoy doing fun things.
- Changes in eating patterns — eating a lot more or a lot less than usual.
- Changes in sleep patterns — sleeping a lot more or a lot less than normal.
- Changes in energy — being tired and sluggish or tense and restless a lot of the time.
- Having a hard time paying attention.
- Feeling worthless, useless, or guilty.
- Self-injury and self-destructive behavior.

Depression is common and treatable. If you think a child or youth may be depressed, the first step to seeking treatment is to talk to your health care provider.

Sources:
https://www.cdc.gov/reproductivehealth/depression/
https://www.cdc.gov/reproductivehealth/depression/treatments.htm#talk