

# 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.