

TIPS FOR KIDS AND/OR TEENS

TRY NOT TO BOTTLE UP YOUR FEELINGS.

- Seek out a trusted friend or adult, such as your parent, to talk to about your feelings and what is on your mind.



UNDERSTAND THAT THERE IS A NAME FOR WHAT YOU ARE GOING THROUGH AND YOU ARE NOT ALONE.

- At least half of your classmates will experience symptoms of depression at some point in their lives. There are other people who have felt the same way you do. In your classroom, there are probably at least two other kids who are experiencing significant depression

KEEP UP WITH FRIENDS AND FUN ACTIVITIES.

- Even if you do not want to do things like play sports or see your friends, you should still try to do them. Push yourself to try to do fun things, even if you have to go through the motions.

DO SOMETHING THAT MAKES YOU FEEL PROUD.

- Do your homework, finish a chore (such as cleaning your room), and notice what a good job you did. Feel proud of your hard work.

TALK BACK TO YOUR SADNESS.

- Sometimes when people feel sad the things they think about are sad, too. If your best friend told you they were feeling really sad or had a problem, what would you say to them?

TALK ABOUT SCARY THOUGHTS AND FEELINGS.

- Sometimes when kids feel upset they think a lot about death or dying. If you notice yourself having scary thoughts, such as, "I want to die," tell someone, like a trusted adult such as your parent.

FOCUS ON GETTING ENOUGH SLEEP.

- We are more likely to get upset or feel down if we don't get enough rest. Try to make the hour before you go to bed peaceful and relaxing. Try to stay away from your phone and the TV since the light tricks your brain into thinking it is daytime.

GET HELP!

- A therapist, such as a psychologist, social worker or counselor can help you understand and manage your moods and feelings. Effective treatments for depression include Cognitive Behavioral Therapy (CBT) or a combination of CBT and medicine.
- You can call a helpline such as 1-800-273-TALK (8255), Text "CONNECT" to 741741 or call 911 if you are in a crisis or want to hurt yourself

RESOURCES

National Institute of Mental Health (NIMH): www.nimh.nih.gov.