

The number of children and teens experiencing depression is on the rise, and many families are struggling to know how to help. This guide is designed to help families openly communicate about depression and support children and teens on the road to depression recovery.



## A FAMILY GUIDE TO DISCUSSING DEPRESSION

### Is it more than just sadness?

**DO...** ask your child or teen how they are *really* feeling. Be prepared to *listen* and *learn*.



**Do you often feel sad, anxious, worthless, or “empty”?**

**Have you lost interest in doing fun activities you used to enjoy?**



**Are you often frustrated, irritable, or angry?**



**Do you find yourself pulling away or not wanting to be around friends and family?**

**Are you being bullied or harassed online or at school?**



**Have you been eating or sleeping more or less than usual?**



**Are you having trouble concentrating or keeping up with conversations?**

**Do you often feel tired or worn out, even when you just slept?**



**Have you experienced any memory loss or difficulty remembering details?**

**Do you know what might help you feel better?**



**Have you thought about suicide or harming yourself or others?**

**DON'T...** *minimize, make excuses, or argue.*

Depression looks different for everyone.

### How can I help?

**DO...** *support* and *encourage* your child or teen to practice healthy habits and *get help* from a professional.



**Stay active.** Physical activity releases natural chemicals in the brain that can help fight depression.



**Spend time with trusted friends and family.** Isolation can make depression worse.



**Try to keep a regular sleep schedule and eat healthy foods.** Young minds need rest and nutrition to heal.



**Talk to a primary care or mental health professional.** Depression can be treated with “talk therapy,” medication, or a combination of both.



**DON'T...** *ignore* the problem or *make* decisions for them. Stay involved and keep communication open.



Find more information (including a psychiatrist locator, video webisodes, and educational resources) at the

CME Outfitters MDD Patient Education Hub  
[www.cmeoutfitters.com/mdd-patient-education-hub](http://www.cmeoutfitters.com/mdd-patient-education-hub)

For Immediate help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).