

# What is Depression

Depression is a common and serious medical illness that negatively affects how people may feel, the way they think and how they act.

An estimated 4.1 million adolescents aged 12 to 17 in the U.S had at least one major depressive episode in 2020.<sup>1</sup>

## Resource Toolbox

### 1. Helpful Websites

Scan the QR code below to access:



- [NIMH.gov](https://www.nimh.gov)
- [TCMHCC](https://www.tcmhcc.org)
- [FamilyAware.org](https://www.familyaware.org)

### 2. Rating Scales

Scan the QR code below to access:



- [Patient Health Questionnaire for Teens](#)
- [Center for Epidemiological Studies Depression Scale for Children \(CES-C\)](#)

### 3. Guides for Parents

Scan the QR code below to access:



- [HealthyChildren.org](https://www.healthychildren.org)
- [Depression and Bipolar Support Alliance](#)

### 4. Useful Tools

Scan the QR code below to access:



- [Depression Medication Guide](#)
- [Behavioral Activation: Activity Monitoring Worksheet](#)
- [Social Media Resources](#)



### Signs of Depression

- Sadness and irritability
- Feeling negative and worthless
- Poor performance in school
- Feeling misunderstood and extremely sensitive
- Self-harm
- Loss of interest in activities
- Avoidance of social interaction

### 5. Insightful Read

*Mental Health Strategies for Pediatric Care*

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## Resource Toolbox

### 1. Helpful Websites

Scan the QR code below to access:



- [Psychiatry.org](https://www.psychiatry.org)
- [NIMH.gov](https://www.nimh.gov)
- [TCMHCC](https://www.tcmhcc.org)
- [Family Aware](https://www.familyaware.org)
- [Understanding Depression](https://www.understandingdepression.org)



### Signs of Depression

- Sadness and irritability
- Feeling negative and worthless
- Poor performance in school
- Feeling misunderstood and extremely sensitive
- Self-harm
- Loss of interest in activities
- Avoidance of social interaction

### 2. Books For Parents

- *Adolescent Depression: A Guide for Parents*
- *A Family Guide: What Families Need to Know About Adolescent Depression*

### 3. Books for Your Child

- *The Princess and the Fog: A Story for Children with Depression (5-7 y)*
- *Prozac Nation: Young and Depressed in America (16+ y)*

# What Is Depression?

A Health Education Guide for PCPs.

Depression is a common and serious medical illness that negatively affects how people feel, the way they think and how they act. It may cause feelings of sadness or a loss of interest in activities they once enjoyed.

An estimated 4.1 million adolescents aged 12 to 17 in the United States had at least one major depressive episode in 2020.<sup>1</sup>

<sup>1</sup> NIMH.gov

## Resource Toolbox

Helpful websites

- [NIMH.gov](https://www.nimh.gov)
- [TCMHCC.utsystem.edu/resources/depression/](https://tcmhcc.utsystem.edu/resources/depression/)
- [FamilyAware.org](https://www.familyaware.org)

Rating Scales

- [Patient Health Questionnaire for Teens](#)
- [Center for Epidemiological Studies Depression Scale for Children \(CES-C\)](#)

Useful depression [Medication Guide](#)

Strategies

[Behavioral Activation: Activity Monitoring Worksheet](#)

Guides for parents

- [HealthyChildren.org](https://www.healthychildren.org)
- [Depression and Bipolar Support Alliance](#)

Insightful read about depression:

- [Mental Health Strategies for Pediatric Care](#)
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## Signs of Depression

- ✓ Feelings of sadness and irritability
- ✓ Feeling negative and worthless
- ✓ Poor performance or refusing to go to school
- ✓ Feeling misunderstood and extremely sensitive
- ✓ Self-harm
- ✓ Loss of interest in normal activities
- ✓ Avoidance of social interaction