

# What Is Depression?

Depression is a mental health disorder defined by a persistent feeling of sadness or irritable mood. It can severely impact how someone thinks, feels and behaves. Children and adolescents may experience different types of depression.

## Resource toolbox

### 1. Helpful websites

Scan the QR code or click the links below to access:



- [National Institute of Mental Health, nimh.gov](https://www.nimh.gov)
- [Texas Child Mental Health Care Consortium](https://www.texaschildmentalhealth.org)
- [Familyaware.org](https://www.familyaware.org)

### 2. Inventory & screening

Scan the QR code or click the links below to access:



- [Patient Health Questionnaire \(PHQ-9\) for teens](#)
- [Depression Scale for Children \(CES-DC\), from the Center for Epidemiological Studies](#)

### 3. Guides for parents

Scan the QR code or click the links below to access:



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

## Signs of depression

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

### 4. Useful tools

Scan the QR code or click the links below to access:



- [Depression medication guide](#)
- [Behavioral Activation: Activity Monitoring Worksheet](#)
- [Social media resources](#)

### 5. Insightful reading

“Mental Health Strategies for Pediatric Care,” Susan G. Forman, Ph.D., Jeffrey D. Shahidullah, Ph.D., Cody A. Hostutler, Ph.D., Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP



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- [Kidshealth.org](https://kidshealth.org)
- [Medlineplus.gov](https://medlineplus.gov)
- [Health.gov](https://health.gov)
- [Family Aware](https://familyaware.org)

### 2. Books for guardians

Click the links below to access:

- ["Adolescent Depression: A Guide for Parents,"](#) Francis Mark Mondimore and Patrick Kelly
- ["A Family Guide: What Families Need to Know About Adolescent Depression,"](#) NAMI

### 3. Books for children

Click the links below to access:

- ["The Princess and the Fog: A Story for Children with Depression,"](#) Lloyd Jones (Age 5-7)
- ["Prozac Nation: Young and Depressed in America,"](#) Elizabeth Wurtzel (Age 16+)

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- [Behavioral Activation: Activity Monitoring Worksheet](#)
- [School Accommodations Guidance](#)



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- [American Academy of Pediatrics, AAP.org](https://www.aap.org)
- [Kidshealth.org](https://www.kidshealth.org)
- [Children's Health, Dallas](https://www.childrenshospital.org)

### 2. Books for educators

Click the links below to access:

- ["Anxiety and Depression in the Classroom: A Teacher's Guide to Fostering Self-Regulation in Young Students," Nadja Reilly.](#)
- ["Taking Depression to School," Kathy Khalsa](#)

### 3. Useful resources

Scan the QR code or click the links below to access:



- [Videos from Nip in the Bud](#)
- [Social media resources](#)

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### 4. Useful tools

Scan the QR code or click the links below to access:



- [School Mental Health Practice Guide and Toolkit](#)
- [Mental Health Screening Tools for Grades K-12 Worksheet](#)

