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



Helpful websites

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



- <u>National Institute of</u>
 <u>Mental Health, nimh.gov</u>
- <u>Texas Child Mental</u>
 <u>Health Care Consortium</u>
- <u>Familyaware.org</u>



Inventory & screening

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



- Patient Health Questionnaire (PHQ-9) for teens
- Depression Scale for <u>Children (CES-DC), from</u> <u>the Center for</u> <u>Epidemiological Studies</u>

Guides for parents

Scan the QR code or click the links

below to access:



- <u>Healthychildren.org</u>
- <u>Depression and Bipolar</u> <u>Support Alliance</u>

Signs of depression

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

Useful tools

Scan the QR code or click the links

below to access:



- <u>Depression medication</u>
 <u>guide</u>
 - <u>Behavioral Activation:</u> <u>Activity Monitoring</u> Worksheet
 - Social media resources

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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



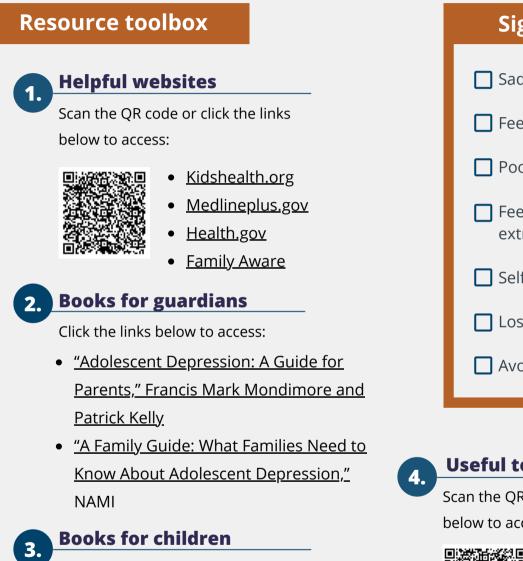






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- Click the links below to access:
- <u>"The Princess and the Fog: A Story for</u> Children with Depression," Lloyd Jones (Age 5-7)
- <u>"Prozac Nation: Young and Depressed in</u> America," Elizabeth Wurtzel (Age 16+)

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

Useful tools

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



- **Behavioral Activation:** • Activity Monitoring Worksheet
- School Accomodations Guidance









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Helpful websites

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- <u>American Academy of</u>
 <u>Pediatrics</u>, AAP.org
- <u>Kidshealth.org</u>
- Children's Health, Dallas



Books for educators

Click the links below to access:

- <u>"Anxiety and Depression in the</u> <u>Classroom: A Teacher's Guide to</u> <u>Fostering Self-Regulation in Young</u> <u>Students," Nadja Reilly</u>
- <u>"Taking Depression to School," Kathy</u> <u>Khalsa</u>



Useful resources

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



- Videos from Nip in the
 Bud
 - <u>Social media resources</u>

Signs of depression

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- 🗌 Self-harm
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Useful tools

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



- <u>School Mental Health</u>
 <u>Practice Guide and Toolkit</u>
- Mental Health Screening <u>Tools for Grades K-12</u> <u>Worksheet</u>







