

Depression in Children and Teens

Depression in children and teenagers may differ from the behavior of depressed adults. Parents need to be aware of signs of depression in their youngsters. If one or more of these signs of depression persist, parents should seek help:

- * Frequent sadness, tearfulness, crying
- * Inability to enjoy previously favorite activities
- * Persistent boredom; low energy
- * Social isolation, poor communication
- * Low self esteem, guilt, hopelessness
- * Extreme sensitivity to rejection or failure
- * Increased irritability, anger, or hostility
- * Difficulty with relationships
- * Frequent complaints of illnesses (headaches, stomachaches)
- * Frequent absences from school or poor performance in school
- * Poor concentration
- * A major change in eating and/or sleeping patterns
- * Talk of or efforts to run away from home
- * Thoughts or expressions of suicide or self destructive behavior