How might Depression affect my child?

Symptoms of depression can show up differently in primary age children, secondary age children, and young adults. Here are some examples:

Primary age

Physical Symptoms

HeadachesTummy achesSleep and appetite change

Secondary age

Physical Symptoms

HeadachesTummy achesSleep and appetite change

Behavioural

Irritability
Boredom
Apathy
Tiredness
Loss of enjoyment

Functional

- Reduced ability to concentrate in school

Behavioural

- Social Isolation
 Increased risk taking
 Aggression
 Self harming
 - behaviours

Tiredness

Functional

 Struggling in school (concentration, memory)
 Reduced pleasure

from hobbies



Physical Symptoms

Aches and pains
Sleep and appetite change

Behavioural

- Social Isolation
- Decreased Motivation
- Aggression - Self harming behaviours
- Self neglect (hygiene, food, etc)
 - Loss of interest in hobbies

Functional

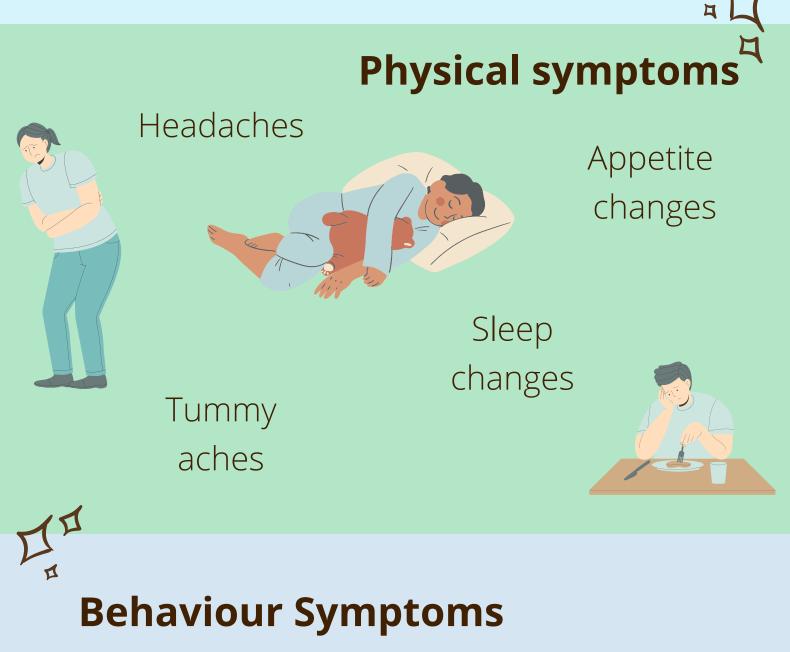
 Difficulty focusing at work, sometimes affecting employment
 Difficulty in personal relationships

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Signs of Depression in primary age children

Signs of Depression in children may not always *look* like Depression. Knowing what to look for can help you open up conversations with your child.



Apathy

Fatigue





Irritability

Boredom

Decreased enjoyment in activities



Difficulty concentrating





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