

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

- Headaches
- Tummy aches
- Sleep and appetite change

Behavioural

- Irritability
- Boredom
- Apathy
- Tiredness
- Loss of enjoyment

Functional

- Reduced ability to concentrate in school

Secondary age

Physical Symptoms

- Headaches
- Tummy aches
- Sleep and appetite change

Behavioural

- Social Isolation
- Increased risk taking
 - Aggression
 - Self harming behaviours
- Tiredness

Functional

- Struggling in school (concentration, memory)
- Reduced pleasure from hobbies

Young Adults

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

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.

Physical symptoms

Headaches



Appetite changes



Sleep changes

Tummy aches



Behaviour Symptoms

Apathy



Fatigue



Irritability

Boredom

Decreased enjoyment in activities



Difficulty concentrating

