# 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

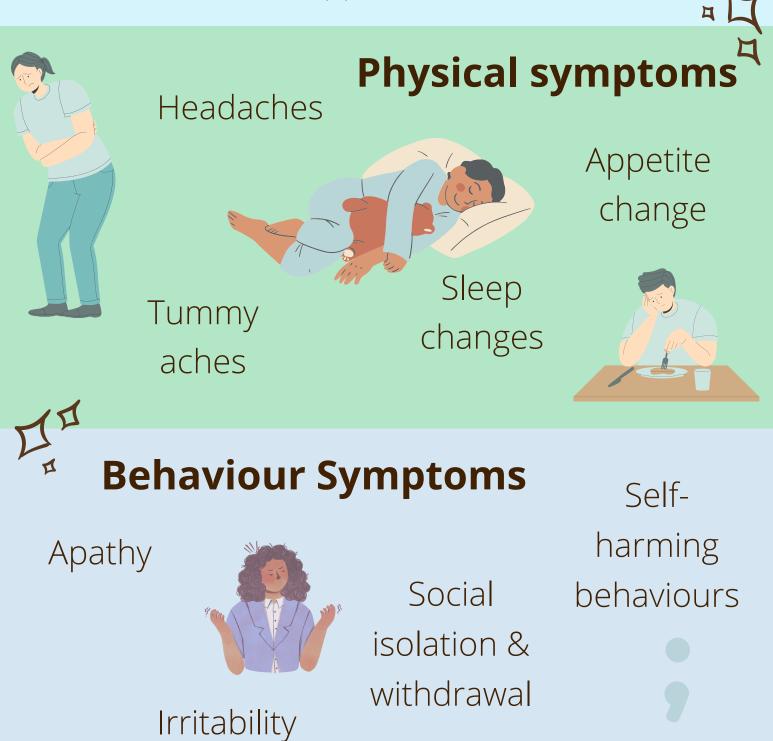
 Difficulty focusing at work, sometimes affecting employment
 Difficulty in personal relationships

Oxfordshire Discovery College



## Signs of Depression in teens

Signs of Depression in young people may not always *look* like Depression, but understanding your teen's behaviour and what it's telling you can help you support them.



Risk taking



### Aggression

#### Boredom



Difficulty concentrating Decreased academic performance

Less enjoyment from hobbies

