

# 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 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.

## Physical symptoms



Headaches



Sleep changes

Appetite change



Tummy aches

## Behaviour Symptoms

Apathy



Irritability

Social isolation & withdrawal

Self-harming behaviours



Aggression

Risk taking



Boredom



Difficulty concentrating

Decreased academic performance

Less enjoyment from hobbies

