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

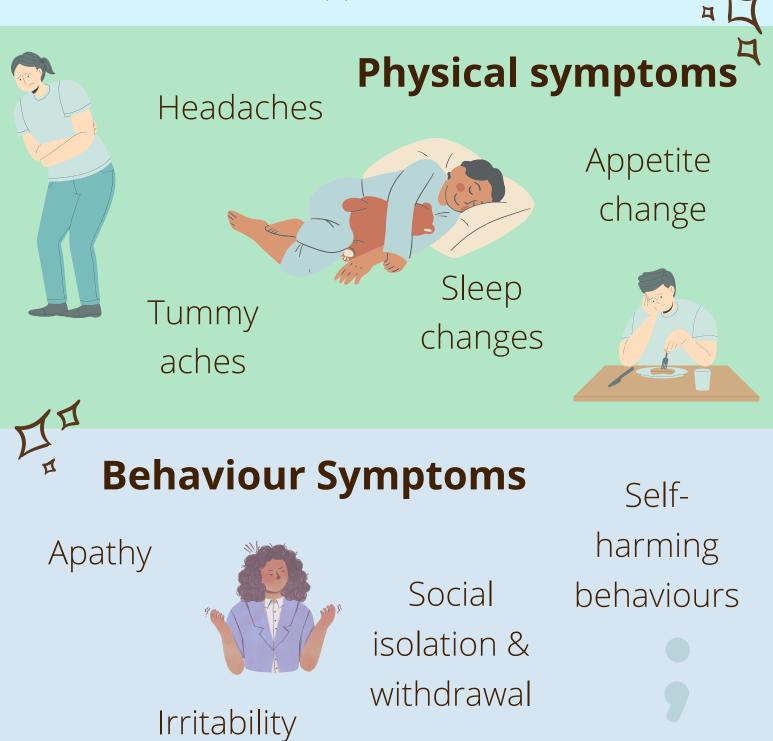
 Difficulty focusing at work, sometimes affecting employment
 Difficulty in personal relationships

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

