

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 Young Adults

Signs of Depression in young adults may not always be easy to identify as Depression, but knowing what to look for in yourself and others can make getting help easier.

Physical symptoms



Unexplained aches and pains



Sleep and appetite changes

Behaviour symptoms

Apathy



Decreased motivation

Self neglect

Social isolation & withdrawal

Self-harming behaviours or feelings of suicide

Loss of interest in hobbies and activities

Difficulty concentrating

Decreased academic performance

Less enjoyment from hobbies



Difficulty in maintaining personal relationships