

YOUTH AND DEPRESSION

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Persistent sadness in a child or teen, especially when coupled with irritability or a loss of interest in favorite activities, may be a sign of depression. If you notice these symptoms, it's best to consult a mental health professional.

Signs and Symptoms

- Feelings and thoughts that are low, sad, tearful, and irritable
- Not enjoying things they used to
- Spending less time with friends or in after-school activities
- Feeling tired or having less energy
- Feeling like everything is their fault or they are not good at anything
- Having thoughts of suicide or wanting to die, or thoughts of harming oneself or others

Assessments

- PHQ-9
- PROMIS - Depression
- [Ask Suicide-Screening Questions \(ASQ\) Toolkit](#)

Treatments

- Talk Therapy
- Cognitive Behavioral Therapy
- Interpersonal Psychotherapy
- Conversation with parents and school (with child's permission)
- Antidepressants (if determined necessary by the Psychiatrist)

