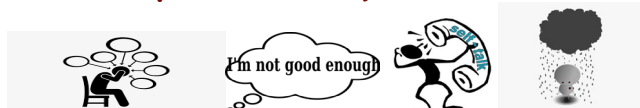


What is Depression?

- At times everyone can feel depressed, blue or apathetic. Depression must be diagnosed by a medical professional and it must affect a teenager's life in all areas, at home, at school and in their personal life. It also must be constant for two weeks or more. When depression lasts this long and affects our ability to do everyday things, or it stops us doing the things we used to enjoy, it is time to get support.
- Depression can be genetic (like eye colour), it can be triggered by bullying or issues fitting in with peers, or by a trauma (such as a family member passing or when a family separates).

What Depression may look like-



Behaviours-

- Depression can affect friendships, schoolwork and the ability to learn new things.
- Teenagers may become sad easily, irritated at things that used to be okay for them, they may find it hard to concentrate or to become motivated to do anything.
- Depression that is long term can cause a 'school refusal' outcome (and this can be mistaken as a behavioural issue).
- Long term depression can cause a teenager to have feelings/or express wanting to self-harm or die (suicide ideation).
- Negative thinking is a common behaviour in depression.



Strategies to Help-



- Motivational 'I statements and self-praise', such as I can go to school today, I am loved, I am everything I need to be today, I am a good person.
- Teach teenagers to talk about things, discuss coping strategies (music, exercise and drawing).
- Exercise and fresh air are excellent strategies for depression.
- Teach teenagers to look for positives in all situations or do gratitude activities daily.
- Ensure the teenagers nutrition is good and monitor over-sleeping.
- See a GP or health professional as early as possible.



Do's

- Encourage your child to talk about how their depression affects their life, and their ability to do everyday things.
- Ensure your child knows they are supported/loved and that they will get through it.
- Do take any disclosures of self-harm or suicide ideation very seriously. Always assume this is true and obtain support immediately.



Try not to-

- Get angry with your child, even if you are frustrated-walk away.
- Don't dismiss your teens long lasting low mood as 'normal', as it is not easy for teenagers to discuss their emotions.
- Try not to lose patience or become irritated with your teen's behaviour, as unrecognised depression can become very problematic.

Services-

GP Mental Health Care Plan- Up to 20 free visits psychologist visits.

Headspace- GP and Psychologists.

Wesley Mission-

<https://www.wmq.org.au/therapy-respite-and-wellness/psychology>

Kids Helpline- 1800 55 1800

Resources-

Emerging Minds-

<https://emergingminds.com.au/resources/the-role-of-depression-literacy-and-stigma-in-how-parents-perceive-and-respond-to-adolescent-depressive-symptoms-lessons-for-childhood-mental-health/>

Reach Out-

<https://au.reachout.com/articles/7-facts-about-depression>

Orygen-

<https://www.orygen.org.au/Training/Resources/Depression/Fact-Sheets/depression-yp>



References-

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-students>