

# Depression in Children Ages 5-16

## What is depression?

- depression is a mood disorder that affects how a person feels, thinks and conducts daily activities like work, sleeping and eating



(National Institute Of Mental Health, 2024)

## Who can depression affect?

- anyone
- children ages 5-16 are extremely susceptible to depression



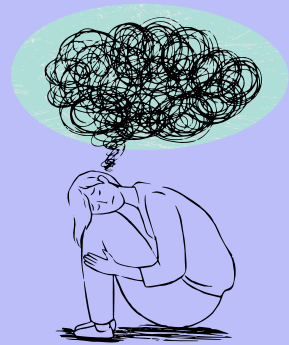
## Why are children ages 5-16 so susceptible to depression?

- between ages 5-16 it is a very formative time in a child's life
- physical, social and mental changes make them vulnerable to mental health problems

(World Health Organization, 2021)

## Common signs of depression

- feeling sad
- loss of interest in activities
- low self-esteem
- change of appetite
- social isolation



(Mayo Clinic, 2022)

## Reduce risk of getting depression by

- controlling stress
- having a good self care routine
- having a good support system- family and friends
- exercising regularly
- getting enough of sleep



(Mayo Clinic, 2022)

## If you or someone you know are experiencing signs of depression here are some resources:

- call or text 1-833-TLC-MAMA (1-833-852-6262)
- <https://www.nami.org/support-education/nami-helpline/>
- <https://988lifeline.org>

## resources

- National Institute Of Mental Health. (2024, March). Depression. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/depression>
- World Health Organization. (2021, November 17). Mental health of adolescents. World Health Organization; World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
- Mayo Clinic. (2022, August 12). Teen Depression. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985>