

Depression in Children & Adolescents: Not Just Moody

Participants Guide: 2 Hour Version

OBJECTIVES

By the end of this training, you will know:

1. What **depression** is and how prevalent it is.
2. **Risk factors & symptoms** of depression.
3. Major risks & symptoms of **suicidality**.
4. How you can **help support** students at risk for depression.



Group Brainstorm: *Why is important to talk about depression in schools?*



True/False: Is depression becoming more common amongst young people?

1 in 5 Youth Have a Mental Illness





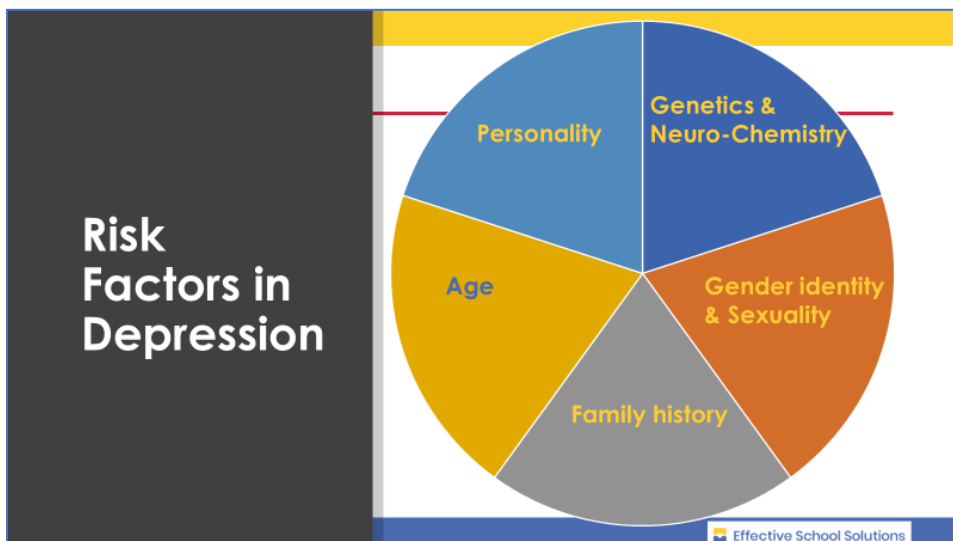
Partner Talk: *What does the prevalence of depression mean for schools? What are the implications for you in your role?*



Quick Write: *What does depression look like? What are signs that a student may be depressed?*



True/False: Laziness is a major cause of depression.





True/False: Girls are more likely to commit suicide than boys.



Warning Signs of Suicide Risk

TALK	BEHAVIOR
<ul style="list-style-type: none"> Talking about suicide, no reason to live Talking of being a burden to others Saying goodbye 	<ul style="list-style-type: none"> Sudden withdrawal from activities Sudden isolation from friends Researching suicide or methods Giving away prized possessions



True/False: Talking about depression can make it worse. It's better to connect students to something positive.

Connect with Students Emotionally

- Ask:
 - Are you okay?*
 - Are you thinking about suicide?*
 - How can I help?*
- Do not promise confidentiality – promise help.
- Always take the student seriously.

How to Refer a Student

- Be specific!
- Provide details of the behavior or signs precipitated the referral.
- Describe the student's previous performance/behavior.
- Share information about absences, tardiness, change in classroom performance, concerns voiced by peers.
- You will be protected by confidentiality and Samaritan legislation.

Non-Clinical Supports for Depression

- Nutrition and Exercise
 - Lift depression
 - Change brain chemistry by increasing endorphins and serotonin.
- Creative Expression
 - Drama, art, music & writing can be a positive outlet for strong emotions and redirect thought patterns.
- Volunteer work
 - Can provide a sense of purpose and meaning.
 - Helping someone else offers perspective.



Resources

3-2-1 Reflection

3

Things I learned:

2

Strategies I will try:

1

Thing I want to learn more about: _____

Take the Survey

- Please give us feedback.
- Scan the icon in your handout.
- Or go to:
<https://www.surveymonkey.com/r/KF8NTZH>

