



**SEEK**<sup>TM</sup>  
Safe Environment for Every Kid

# DEPRESSION

*Depression can affect anyone  
Everybody feels sad sometimes  
When someone feels sad a lot, he or she may need help  
It's not your fault. There is help*

**A person who is depressed may experience some or all of these symptoms:**

- Feels sad most of the time
- Has trouble sleeping too much or not enough
- Does not feel like eating, or eats more than normal
- Feels tired all the time
- Gets stressed out and angry easily
- Loses interest in things they used to like
- Has hard time thinking, concentrating or making decisions
- Thinks about hurting oneself, or wants to die



**Please, talk to your doctor now if you feel sad or like hurting yourself.**

It is very important for you to take care of yourself.  
And, it's hard to be a good parent if you're feeling bad.

**Here are some other things you can do to take care of yourself:**

- Get some exercise
- Avoid extra stress
- Ask for help from someone you trust

**There is good treatment for depression. You can feel better again.**

If you'd like to talk to someone about getting help, please talk to your child's doctor or nurse.

## **Helpful Resources**

**National Alliance for Mental Illness (NAMI) | [www.nami.org](http://www.nami.org)**

The National HelpLine, 1-800-950-6264, Monday - Friday, 10 am - 6 pm for:

- Information on depression and other issues affecting children and families
- Referrals to local resources and support groups throughout the country
- Support from trained volunteers who know what it's like and who have "been there"

**National Suicide Prevention Lifeline | [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

If you're in crisis or suicidal, call 1-800-273-8255, 24 hours a day, 7 days a week. You can call for yourself or for someone you know. You'll be connected to a trained counselor at a suicide crisis center nearest you. For a Spanish language line, call 1-888-628-9454. Many local crisis centers have interpreters.

**Depression and Bipolar Support Alliance (DBSA) | [www.dbsalliance.org](http://www.dbsalliance.org)**

If you're looking for information, referrals and Internet support groups for mood disorders.

**ADD INFO ON LOCAL RESOURCES**

**AND/OR ON PRACTICE SITE**