

DEPRESSION IN CHILDREN

Last week we talked about some general warning signs of depression. These included changes in daily habits such as sleeping, eating, loss of interest, etc. for over two weeks. Children also manifest depression by isolating or by acting out behaviorally. If we can get them to talk about their feelings, we can help them understand the complicated situations they face. Since children don't just sit and talk to us, we need to find ways to help them express their feelings.

- Be active while you talk with your child
- Ask who, what, where, when and how
- Read a book about feelings
- Draw or color with your child
- Listen more than you talk

If the behavior persists more than 2 weeks, you should talk to a professional.

For help mental health assistance with a professional:

-Statewide:

Community Mental Health Centers
State Divisions of Mental Health (801)538-3939
www.hs.utah.gov

Private Providers

Local Telephone Directories (Therapists, Counselors, Social Workers, Psychiatrists, Psychologists, Mental Health Services)

References to read and talk about with your children:

1. 1400 Things To Be Happy About. The Happy Book by Barbara Ann Kipfer, Paul Meisel 1994.
2. Mad Isn't Bad: A Child's Book About Anger. Elf Help Books for Kids by Michael Mundy 1999.
3. Do Animals Have Feelings Too? (Sharing Nature with Children Book) by David L. Rice and Trudy Calvert 2000.
4. Today I Feel Silly and Other Moods That Make My Day by Jamie Lee Curtis and Laure Cornell 2000

5. I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis and Laura Cornell 2000
6. A Feelings Book: Expressing Emotions Creatively A guide for Children and Grownups by Caryn Frye Boddie
7. What Are You So Grumpy About? Tom Lichtenheld
8. Talking With Children About Loss. Words Strategies and Wisdom to Help Children Cope with Death, Divorce and Other Difficult Times. by Maria Trazzi, Kathy Massimini 1999.

Salt Lake, Summit & Tooele

Valley Mental Health (801)263-7100 www.vmh.com

(Salt Lake, Summit, & Tooele counties)