

Signs of *depression*

Persistent sadness, low mood

Loss of interest in activities

Sleeping disturbances

Fatigue or loss of energy

Changes in weight or appetite

Feelings of worthlessness

Irritability or anger

Thoughts of death or suicide

Trouble connecting or making
decisions

Physical ailments without
clear cause

It's important for everyone to be attentive to these signs and seek professional help if they notice them in children or adolescents.

If you have a life-threatening emergency, please call 911 or the Suicide and Crisis Lifeline at 988. Care Solace is not an emergency response service or mental health services provider.

Ways to cope with depression

Seek professional help:

Attend therapy with a mental health professional or through school counseling services.

Build a support system:

Encouraging connections with family members, friends, teachers or support groups can provide emotional support and understanding.

Engage in enjoyable activities

Hobbies, sports, or creative outlets can boost mood and provide a sense of accomplishment.

Healthy lifestyle habits:

Encouraging regular exercise, balanced nutrition, and adequate sleep can help improve mood and overall well-being.

Stress management techniques:

Relaxation techniques such as deep breathing, mindfulness, or progressive muscle relaxation can help manage stress and anxiety.

Limit exposure to negative influences:

Minimizing exposure to stressful situations, social media pressure, or negative influences can help protect mental health.

Encourage self-care:

Self-care practices such as self-compassion, self-acceptance, and self-love can promote resilience and positive coping skills.

Medication, if prescribed:

In some cases, medication may be recommended by a healthcare professional to help manage symptoms of depression.