Resources

211 San Bernardino
Dial 211 to get information & referrals for health and social services.
Get connected with a live operator 24 hours a day, 7 days a week.

ACCESS Unit
Children, Youth and Family Services
888-743-1478 or 888-743-1481

National Alliance on Mental Illness
Http://www.nami.org

National Institute of Mental Health
http://nimh.nih.gov

The Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.mentalhealth.org/default.asp

Depression in Children

Promoting Wellness, Recovery, and Resilience

For questions, concerns or more information, please contact
1-800-722-9866 or 7-1-1 for TTY users

County of San Bernardino
Department of Behavioral Health
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County of San Bernardino
Department of Behavioral Health
Office of Program Planning and Development

"NOW'S THE TIME FOR CHANGE"
What is Childhood Depression?

The National Alliance on Mental Illness (NAMI) defines childhood depression as a brain disorder that affects the acts, thoughts, and feelings of children.

www.nami.org

Signs and symptoms include:

- School absences or poor school performance.
- Loss of interest in normal activities.
- Changes in eating or sleeping habits.
- Aches and pains without physical reasons.
- Substance abuse.
- Thoughts about death or suicide.

Two Main Types of Depression:

Unipolar Depression—consists of one or more episodes of moderate to severe depression with persistent sad mood & other symptoms including:

- Thoughts or attempts of suicide
- Weakened concentration
- Change in appetite
- Difficulty sleeping, and/or increased sleeping

Bipolar Disorder or Manic Depressive Disorder - is characterized by periods of depression much like that seen in unipolar. Symptoms include:

- Periods of euphoric (too happy) or extremely irritable mood at the same time.
- Symptoms of mania including much less need for sleep.
- Very rapid speech, dramatic increase in activities and racing (very rapid and confused thoughts).

What can parents and other caregivers do about childhood depression and other mental health disorders?

- They should learn to recognize the signs and symptoms of depression and other mental health disorders in children.
- They should know how to locate a mental health professional for an early evaluation and diagnosis.
- When necessary, they should seek treatment and services that are tailored to the needs of the individual child.
- In addition, family members may find it helpful to join a local support group for additional assistance and support.

Every child's mental health is important.