

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](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.asp0



*Promoting Wellness,
Recovery, and
Resilience*

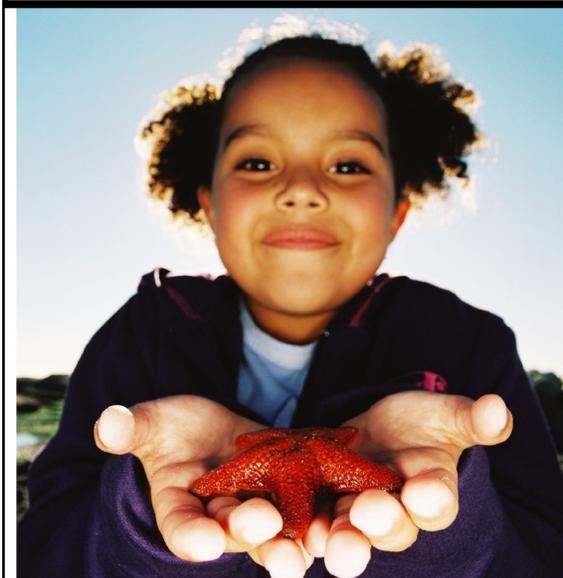
For questions , concerns or more information, please contact
1-800-722-9866 or 7-1-1 for TTY users



County of San Bernardino
Department of Behavioral Health

Revised 9/10

Depression in Children



*"NOW'S THE TIME
FOR CHANGE"*

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

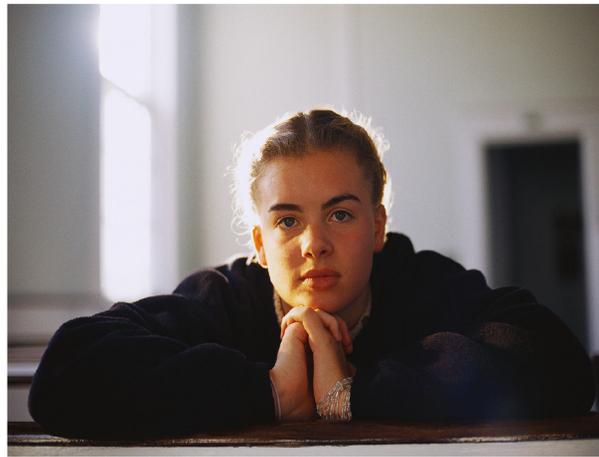
What is Childhood Depression?

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.



About 2% of school-age children (i.e. children 6-12 years of age) appear to have a major depression at any one time.

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.