

Health Corner: Youth depression

Young people who are **depressed** can feel down, worthless, tired and irritable, hopeless, angry and even suicidal. They may find it hard to sleep, eat regularly, concentrate or control their moods and can stop enjoying things they usually like. If this lasts for longer than a couple of weeks, it is time to get help.

What you can do for yourself if you are depressed

- Talk to someone you trust about how you are feeling.
- Eat, sleep and exercise. Go for walks, go to the beach, play some sport.
- Relax. Listen to music, read, do some art.
- Keep in touch with friends.

What you can do for a friend who is depressed

- Listen to them, and let them know they are important to you.
- Help them to laugh. Encourage them to keep in touch (you might have to put in the extra effort).
- You can hang out with them and do the things they like doing.
- But most importantly talk to them about where to get help.

What you can do as a parent or caregiver for a young person who is depressed

- Find the time to talk and listen to them.
- Talk to them openly about your concerns.
- Ask them what you can do to help. Don't blame yourself.
- Remind them of their good points. Remind yourself too.
- Without hassling, encourage them to eat, exercise and do the things they like to do.
- Keep up your own interests.
- Encourage them to get help. Suggest places they can go for help and help them make an appointment. Get help for yourself too if you feel stressed.
- Don't give up.

Where can I get more information?

Talk to your general Health Care Provider or contact:

- **Suicide Prevention and Intervention at 2-1-1** (24 hours, 7 days)
- **National Runaway Switchboard Toll-Free Hotline at 1-800-621-4000** (24 hours, 7 days)
- **Sexual Assault Crisis – Statewide, 24 hours, Toll-free HOTLINE: 1-888-568-8332**
- **Your School- Based Health Center (860) 701-3771**