

Signs and Symptoms of Depression in Children

It is important to note that the symptoms of depression in children may vary and imitate normal changes as the child matures.

- Irritability or anger
- Continuous feelings of sadness and hopelessness
- Social withdrawal (from family and/or friends)
- Increased sensitivity to rejection
- Changes in appetite, either increased or decreased
- Changes in sleep, sleeplessness or excessive sleep
- Vocal outbursts or crying
- Difficulty concentrating
- Fatigue and low energy
- Physical complaints that do not respond to treatment (stomachaches/headaches)
- Reduced ability to function during events and activities at home or in school
- Feelings of worthlessness or guilt
- Impaired thinking or concentration
- Thoughts of death or suicide
- Loss of interest in school
- Change in academic performance
- Change in appearance

Source: ASCA School Counselor, September-October 2014