



your life

depression in children

human energy. yours.™

Growing up is full of challenge and opportunity. Children are starting and changing schools, making new friends, going through puberty and preparing for exams. Some children adapt to change easily. For other children, adaptation is harder, causing stress and even depression.

what you should know

- Depression is an illness characterized by persistent sadness and a loss of interest in activities that are normally enjoyed, accompanied by an inability to carry out daily activities, for at least two weeks.
- Additional signs and symptoms of depression during childhood include withdrawing from others, irritability, excessive crying, difficulty concentrating at school, a change in appetite or changes in their sleep pattern (more or less sleep than is usual).
- Younger children may lose interest in play. Older children may take risks that they would not normally take.
- Depression is treatable. Early intervention can make a real difference.

what you can do if you think your child may be depressed

- Depression is an illness characterized by persistent sadness and a loss of interest in activities that are normally enjoyed, accompanied by an inability to carry out daily activities, for at least two weeks.
- Talk to him or her about things happening at home, at school and outside of school. Try to find out whether anything is bothering him or her.
- Talk to people you trust who know your child.
- Seek advice from a mental health professional, such as an advisor with Chevron's Employee Assistance Program.
- Protect your child from excessive stress, maltreatment and violence.
- Pay particular attention to your child's wellbeing during life changes such as starting a new school or puberty.
- If your child engages in social media, be aware of what is going on there. Peers may be a source of current information if a child is indicating harm to self.
- Encourage your child to get enough sleep, eat regularly, be physically active, and to do things that he or she enjoys.
- Make an effort to spend time with your child.

If you think your child might be depressed, talk to him or her about any worries or concerns, and seek professional help if needed.

chevron's employee assistance and worklife services

If you are concerned about your child, consider seeking professional guidance. An Advisor with Chevron's Employee Assistance and WorkLife Services program can provide you with information and resources. Advisors are licensed professionals with advanced mental health degrees. They provide confidential services at no cost to you and your covered dependents and may be reached at CTN 842-3333.

related web sites

[Global Health and Medical](#) | [Resilience](#) | [Chevron Medical Clinics](#)