



# FLORIDA STATE UNIVERSITY

## HUMAN SERVICE CENTER - FSUS LOCATION

### MENTAL HEALTH INFO FOR PARENTS:

# DEPRESSION

How it affects your child and how you can help

## What is depression?

Major depression is one of the most common mental disorders in the United States and is characterized by depressed mood, loss of interest in daily activities, and problems with sleep, eating, energy, concentration, or self-worth. For some, depression can interfere with or limit one's ability to carry out major life activities.

## Common Symptoms

- Depressed or irritable mood
- Loss of interest in activities you once enjoyed
- Feelings of boredom
- Changes in sleep and/or appetite
- Low self-esteem
- Feelings of hopelessness
- Mood swings

## Stats

**3.2**  
million

Number of adolescents aged 12-17 in the U.S. that had at least one major depressive episode in 2017

**13.3%**

Percent of the U.S. population aged 12-17 at that time

**60.1%**

Percent of these adolescents who did not receive treatment



Female adolescents were more likely to have had a major depressive episode (20%) compared to males (6.8%).



## Origins of Depression



**Biological:** Depression can run in families. This suggests a genetic influence.



**Psychological:** The way we think and the messages we tell ourselves can have a big influence on our mood and contribute to feeling depressed.



**Social:** Sometimes when we have unhealthy relationships, it can have a negative impact on our mood. When we have many unhealthy relationships, it can negatively impact our moods and contribute to use feeling depressed.

## Coping Strategies



**Being Active:** Staying active, participating in activities, and exercise are good ways to prevent and combat depression.



**Reaching Out:** Getting social support from people we trust can help us to feel better.



**Sleep:** Trying to get back to a typical sleep routine for your age group can help relieve symptoms of depression.



**Distractions:** Do something you enjoy, such as watching a movie, playing a game, going for a walk, or reading.



**Get Help:** Depression is treatable. A mental health professional can provide therapy, medication, and other resources.

## Resources

<https://www.nimh.nih.gov/health/statistics/major-depression.shtml>

<https://www.thehelpfulcounselor.com/18-coping-skills-strategies-for-children-and-teens/>

<https://www.cdc.gov/childrensmentalhealth/depression.html>

**FSU Aspire Program: If you are interested in your child receiving counseling, contact Ms. Kinney in Student Services.**