



Understanding Depression



Taking Care
of Yourself and
Your Family

Symptoms that might indicate depression

- sad or irritable mood
- decreased interest/pleasure
- significant change in weight and/or interest in eating
- low energy/tired
- sleeping too much or too little
- difficulty concentrating
- feeling hopeless, worthless, or guilty
- suicidal thoughts



National Center on
Health, Behavioral Health, and Safety



Taking Care of Yourself

Children whose parents are experiencing depression tend to have more challenging behavior.



How you handle your depression can make a big difference in your life and in your child's life.

Depression is common and you can help yourself **by seeking help**.

You can also help loved ones who may be experiencing depression.



Seek Help if you Need it

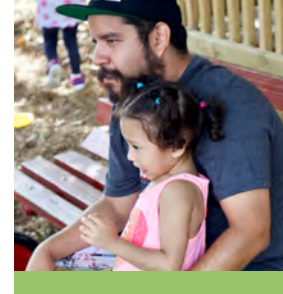
Tips and Tools



Learn the signs and symptoms of depression.



Remember depression is common and treatable.



When you are depressed it is hard to parent well.

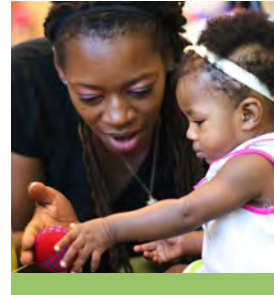
Taking Care of Yourself



Talk with your doctor, a mental health professional, or your child's pediatrician.



Every day find a time to take a calming breath, take a walk and relax.



Build daily routines with your child. Make time to play with your child.



Try to listen and respond to your child's needs.



National Center on

Health, Behavioral Health, and Safety

1-888-227-5125 • health@ecetta.info • <https://eclkc.ohs.acf.hhs.gov/health>

October 2022