



**SEEK™**  
Safe Environment for Every Kid

## Depression

**Depression can happen to anyone.  
Everybody feels sad sometimes.  
If you feel sad a lot, you may need help.  
It's not your fault. There is help!**

**A person who is depressed may experience any of these symptoms:**

- Feels sad most of the time
- Has trouble sleeping too much or not enough
- Does not feel like eating or eats more than normal
- Feels tired all the time
- Gets stressed out and angry easily
- Loses interest in things they used to like
- Has a hard time thinking, concentrating or making decisions
- Thinks about hurting oneself or wants to die



**It's very important for you to take care of yourself!**

**Your child needs you to be well; it's hard to be a good parent if you're feeling bad.**

**Please, talk to your doctor now if you feel sad or like hurting yourself.**

**Or, consider calling 911 for help – now.**

**Here are other things you can do to take care of yourself:**

- Do things that make you feel good, like exercising, watching a movie, walking
- Avoid extra stress
- Ask for help from someone you trust
- Do calming activities, like deep breathing, meditation, yoga
- Aim for 8 hours of sleep

**There is good treatment for depression. You can feel better again.**

**If you'd like help, please talk to your child's doctor or nurse.**

## Helpful Resources

### National Helpline | [www.samhsa.gov](http://www.samhsa.gov)

- 24/7, confidential, free information in English and Spanish
- Referrals to local treatment centers, support groups and community organizations
- Call **1-800-662-HELP (4367)** or **1-800-487-4889 (TTY)**

### National Suicide Prevention Lifeline | [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

- 24/7, confidential, free support in English and Spanish
- If you're in crisis or suicidal, you can call for yourself, or for someone you know
- You'll talk with a trained counselor at a suicide crisis center near you
- Call **1-800-273-TALK (8255)** or **1-800-628-9454** for Spanish

### Depression and Bipolar Support Alliance | [www.dbsalliance.org](http://www.dbsalliance.org)

- Information, referrals and Internet support groups

