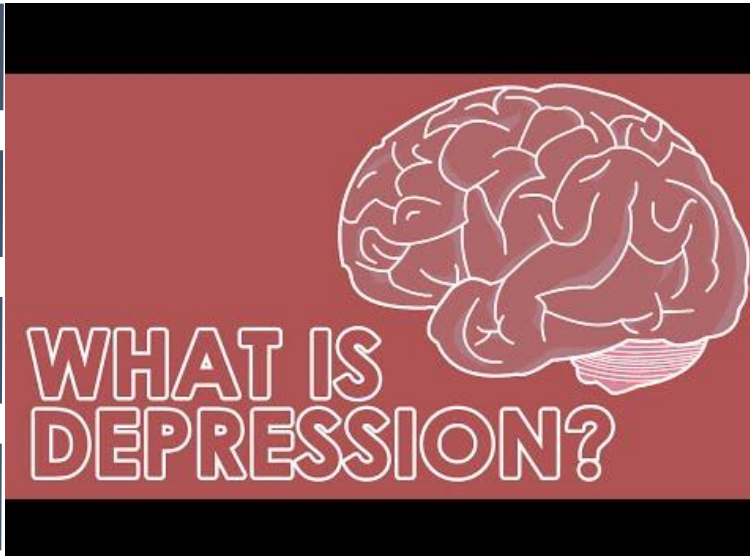


DEPRESSION SYMPTOMS

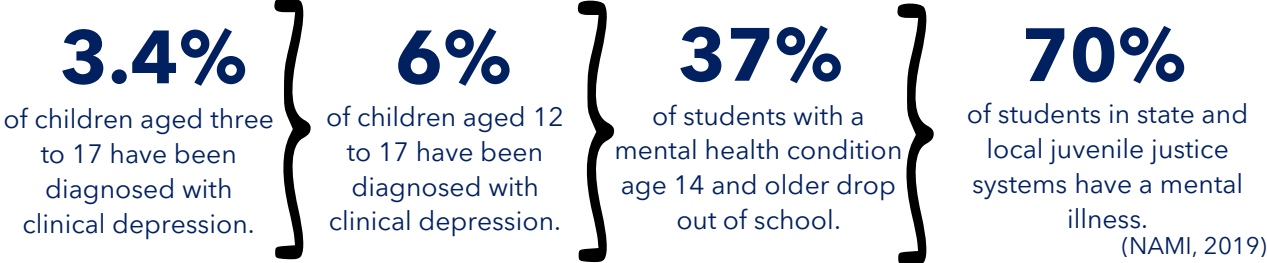
from the National Institute of Mental Health



Professor Puppet explains depression to elementary school students.

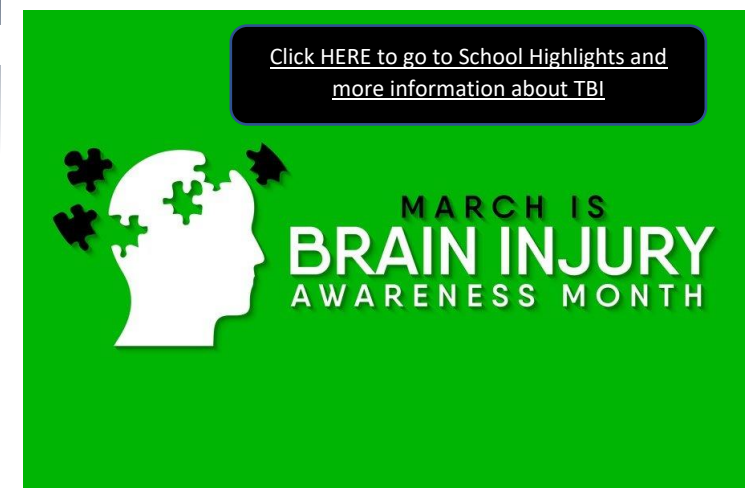


Therapist Aid explains depression as a mental illness with symptoms appropriate for secondary students.



Strategies to Use to Help Relieve Depression in the Classroom

- Get to know your students individually early in the year; build relationships
- Be consistent with your communication, reporting both strengths *and* difficulties
- Remind the student of his or her strengths using genuine, descriptive praise (ex: "Thank you Remy for bringing your pencil to class today" or "I appreciate the time you took on completing your assignment, Colette")
- Encourage the student to concentrate on what will happen today rather than looking way down the road when the anticipation may scare or discourage them
- Rephrase your students' extreme language (ex: "I'm stupid" to "I made a mistake" or "They all hate me" to "some of my peers are not my friend")
- Continue to encourage their involvement in positive activities, even if it is attendance (not necessarily participation)
- Model positive self-talk (ex: I have the power to change my mind, I am capable and strong, I can get through this, and I will give it my all to make this work)
- Smile
- Ask "what happened to you" instead of "what is wrong with you"
- Avoid negative words, punishments, sarcasm, disparagement, or other negative techniques that will only reinforce feelings of incompetence and low self-esteem
- Refer student to the School Counselor, School Psychologist, or School Social Worker for further assistance (ex: referral for counseling services, behavior plan, safety plan, etc.) (NASP, 2019)



Possible Effects of Traumatic Brain Injury (TBI)

Anxiety	Depression
Increased temper	Changes in social skills
Flat or restricted affect	Personality changes
Impulsivity	Mood Swings

(frontiers in Neuroscience, 2019)

Resources and Strategies for Understanding Depression

Resource	Description	Grade Level	Educator	Family
30 Ways to Bring More Mindfulness and Self-Care to Your Classroom	Mindfulness tips that you can use for your students and yourself.	All	X	X
Depression, Let's Talk About It	A TEDx Talks - Kids. Nicole presents a poem she wrote about depression.	5+	X	X
Depression: Supporting a family member or friend	An article to help a family member or friend dealing with depression get treatment and find resources.	9+	X	X
Teaching students with depression	Instructional strategies and how to create an inviting learning environment to support students to feel safe to take healthy risks.	--	X	--
Substance Abuse and Mental Health Services Administration	SAMHSA's free National Helpline and more information and resources for all ages.	All	X	X
4 Ways Depression Physically Affects the Brain	An article from Healthline describing the affects depression has on the human brain.	9+	X	X
Depression in Youth: Underdiagnosed	An article from Psychiatry Advisor; identifying signs and symptoms and how to support the youth.	All	X	X
Developing Your Self-Care Plan	A guide to identify what you value and need as part of your day-to-day life for self-care and strategies to help.	9+	X	X
Students Against Depression	A website for teens to seek self-help and resources.	6+	X	X

