



SHOW NOTES

Helping Kids Deal with Depression

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Children & Depression

- Depression is not one-size-fits-all; every case is different.
- Similar to depression in adults, but commonly seen in schoolwork and play.
- Depression symptoms according to the DSM:
 - Feeling sad or irritable
 - Loss of pleasure or interest in almost all activities
 - Decrease or increase in weight
 - Insomnia or hypersomnia
 - Fatigue or loss of energy
 - Decreased ability to think, concentrate, and make choices
 - Recurrent thoughts of death and/or suicidal ideation
 - Feelings of worthlessness or excessive, inappropriate guilt
- Major difference between adult and child depression is irritability versus sadness.

Actively Listen

What the Bible Says about Depression:

- The story and life of Jonah
- “Anxious fear brings depression, but a life-long giving word of encouragement can do wonders to restore joy to the heart.” (Proverbs 12:25) This verse provides both a diagnosis and a prescription.
- “Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you, and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls.” (Matthew 11:28-29)

Coming Alongside of Parents and Families:

- Learn to recognize the warning signs
- Encourage them to seek professional help
- Provide emotional support (quality time, listening, encouragement, etc.)

Normalize Mental Health

- Make it a priority just like any other check-up
- Look for counselors and therapists who are Christian

Resources:

LifeWay

<https://www.lifeway.com/en/shop/books/christian-living/life-issues/depression>

Spanish Speaking

<https://e625.com/?s=Depresi%C3%B3n>

White Wing Bookstore – David C. Cook

http://www.whitewingbooks.com/Helping-Families-Cope-With-COVID-19-Digital-Download_p_429.html

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