



# DEPRESSION

## WHAT IS DEPRESSION?

Depression is when normal feelings like being sad, down, grumpy or irritable are very intense, go on too long and get in the way of normal life.

Excerpt from TRAILStoWellness.org



70% of mental health problems have their onset during childhood or adolescence.

By age 25, approximately 20 per cent of Canadians will have developed a mental illness.

<https://ymhc.ngo/resources/ymh-stats/>

## SIGNS AND SYMPTOMS / WHEN TO SEEK HELP

- Sadness, feelings of worthlessness, guilt, hopelessness
- Irritability, anger or hostility
- Ruminating on negative thoughts, pessimism
- Fatigue, lack of energy and motivation
- Difficulty concentrating
- Avoiding people or things that used to bring pleasure
- Physical aches and pains
- Self-harm, suicidal thoughts
- Sleep issues
- Addiction issues





- My feeling better workbook: help for kids who are sad & depressed (2008), *Sarah Hamil*
- Blueloon (2012), *Julia Cook*
- Depression: a teen's guide to survive and thrive (2016), *Claire Freeland & Jacqueline Toner*
- Mindfulness for teen depression: a workbook for improving your mood (2016), *Mitch Abblett & Christopher Willard*.
- Beyond the Blues: A Workbook to Help Teens Overcome Depression (2008), *Lisa Schab*
- What to Do When You're Cranky & Blue: a Guide for Kids (2013), *James Crist*
- When Monkey Lost His Smile (2015), *Dr. Stephanie Margolese*
- Brianna and the Blue Monster (2017), *Patience Domowski*
- Danny and the Blue Cloud (2016), *James Foley*

- <https://www.thechildren.com/health-info/conditions-and-illnesses/teens-and-depression>
- <https://www.quebec.ca/en/health/health-issues/mental-health-mental-illness/depression>
- <https://cmha.ca/documents/children-youth-and-depression/>
- <https://www.cheo.on.ca/en/resources-and-support/depression.aspx>
- <https://www.ementalhealth.ca/>
- <https://fondationjeunesentete.org/trousse-jeunes/>
- <https://www.healthychildren.org/>
- <https://childmind.org/>
- [https://bibliosante.ca/fr/information\\_sante/sante-mentale](https://bibliosante.ca/fr/information_sante/sante-mentale)



- ✚ **8-1-1:** Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>
- ✚ **Tel-Jeunes:** Support for youth under 20 yrs. old, 24/7, free call 1-800-263-2266, text 514-600-1002, <https://www.teljeunes.com/Tel-jeunes>
- ✚ **Kids Help Phone / Jeunesse J'écoute:** 24/7 - Free call: 1-800-668-6868 <https://kidshelpphone.ca/>
- ✚ **Suicide Action Montréal:** 24/7 - Free call: 1-866-277-3553 <https://suicideactionmontreal.org/>
- ✚ **L'Autre Maison Crisis Center:** 24/7 – Tel: 514-768-7225 <https://centredecrise.ca/lautre-maison>
- ✚ **West Island Crisis Center:** 24/7- Tel: 514-684-6160 <https://centredecriseoi.com/>
- ✚ **Friends for Mental Health:** Support for caregivers, Tel: 514-636-6885 <https://info@asmfmh.org>

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