

- sleeping too much or not enough
- not eating enough and weight loss or eating too much and weight gain
- thinking about death or thinking about suicide
- spending less time with friends and more time alone
- crying a lot, often for no reason
- feeling restless (being unable to sit still or relax)
- having certain body feelings, like lots of stomachaches, headaches, or chest pain

People who have depression may not know it. Often it's a parent or teacher who notices behavior changes like the ones in the list above. Depression can run in families. Having a parent who gets depressed makes it more likely for a kid to become depressed.

When children have depression it is usually coming from a long period of sadness after the loss of someone really close, such as a parent; long-lasting problems at home, including violence, illness, divorce, or alcohol or drug use; child abuse or neglect; rape; and long-term illness, burns, or accidents. But sometimes kids may be depressed for no apparent reason.

Getting Help

Kids, teens, and adults can get depression. It's very important for people of any age who have depression to get help. When they do, they can get better quickly. Sometimes treatment involves talking to someone who knows all about depression. Sometimes medications can help depression heal. Sometimes both of these things are used.

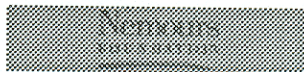
If you think you have depression or you just have sadness that simply will not go away, it is important to talk to an adult about it: a parent, relative, doctor, teacher, guidance counselor, coach, or close adult friend. This person can help you find the right type of treatment. Many cities also have mental health hotlines or suicide hotlines that are listed in the phone book. There is **always** somebody to talk to when you are sad or if you are depressed - somebody who can help.

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