

7 warning signs of depression in kids



Children and adolescents are more vulnerable to depression due to the prolonged isolation during this pandemic. Parents can help their children prevent and manage symptoms of depression by noticing the warning signs, being there for them and encouraging the use of healthy coping skills. Watch for these signs.

- 1** Mood changes, including irritability, anxiety and anger
- 2** Behavioral and communication changes, including less communication with relatives, peers and social networks
- 3** Lack of interest in usual activities and hobbies
- 4** Trouble falling asleep and waking up
- 5** Physiological changes, such as weight gain or loss due to increased appetite or lack of it
- 6** Unwillingness to study and a decline in academic performance
- 7** Bad memory and concentration



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