

# TIPS IF YOUR LITTLE IS DEPRESSED OR EXHIBITING SYMPTOMS OF DEPRESSION

## KNOW THE WARNING SIGNS OF DEPRESSIONS:

- Low self-esteem
- Withdrawal
- Lack of interest
- Hopelessness
- Academic success deterioration
- Drastic changes in eating habits (too little or too much)
- Feeling guilty and ashamed
- Lack of energy and motivation
- Fatigue and aches
- Thoughts of suicide and death

Find professional help for your Little- through their pediatrician or their school counselor

Brainstorm ways to get your Little to make healthy improvements and get connected

- Find a way for them to enjoy getting active- sports, Zumba, snow sports etc.
- Discuss any clubs they could join or hobbies they could start

Encourage your Little to join a support group

- National Alliance on Mental Illness (NAMI) - Alger/Marquette

## HELPFUL RESOURCES:

Includes resources and support groups in Marquette

<https://www.marquette365.com/organization/national-alliance-on-mental-illness/> -

# HOW TO HELP YOUR LITTLE IF THEY ARE EXPERIENCING SYMPTOMS OF ANXIETY

## KNOW THE SYMPTOMS OF ANXIETY IN CHILDREN

- Finding it hard to concentrate
- Not sleeping, or waking in the night with bad dreams
- Not eating properly
- Quickly getting angry or irritable, and being out of control during outbursts
- Constantly worrying or having negative thoughts
- Feeling tense and fidgety, or using the toilet often
- Always crying
- Being clingy
- Complaining of tummy aches and feeling unwell

Separation anxiety and social anxiety are the anxiety disorders most often exhibited in children

Anxiety in children often goes away on its own but it is important for the child to get professional help if:

- It's not getting better or is getting worse
- Self-help is not working
- It's affecting their school or family life, or their friendships

If your Little is having anxiety while you are with them you could try a relaxation technique such as:

1. Deep breath in for 5 seconds
2. Hold breath for 4 seconds
3. Exhale breath for 6 seconds

## HELPFUL RESOURCES AND LINKS:

Anxiety Disorders in Children <https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

Helping Your Child with Anxiety <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>