

## SOME RESOURCES

### AT SCHOOL:

The special education technician (SET), the psychoeducator, the school psychologist, the occupational therapist, or the social worker

### OUTSIDE OF SCHOOL:

- The 811 HealthLine
- The family doctor
- The closest Centre intégré de santé et de services sociaux (CISSS) or Centre intégré universitaire de santé et de services sociaux (CIUSSS)
- The Ordre des psychologues du Québec

### REMOTELY:

#### Ligne Parents

- 1 800 361-5085 (24/7)

#### Relief

- 1 866 738-4873 or 514 738-4873  
(Monday to Friday, 9 a.m. to 5 p.m.)

#### In a crisis situation

- Call 911 or go to the closest emergency room
- Suicide Action: 1 866 APPELLE (277-3553) (24/7)

[fondationjeunesentete.org](https://fondationjeunesentete.org)

## PERSEVERE



Recovering from depression takes several weeks or even months. Some days are harder than others and adjustments to medication or psychological counselling may be necessary—but **this is all normal!** With **time**, **patience** and **support**, your child will gradually get better.

### More than 80%

of people with depression recover through treatment. That's an **extremely high success rate** for a mental health disorder.

## DON'T FORGET TO REACH OUT!

It's important to develop a support network made up of people close to you and healthcare professionals.

### NEED MORE ADVICE ABOUT DEPRESSION, ITS TREATMENTS AND THE RESOURCES AVAILABLE?

Discover our mental health toolkits created with leading experts: **articles, podcasts, videos, conferences, and much more!**

Don't hesitate to self-test your child with symptoms of depression. It can help them take stock of their mental health.

**But be aware** that this questionnaire does not replace a consultation with a healthcare professional, who is the only person who can make a diagnosis.



Are you worried  
because your child's  
behaviour has changed?  
Find the answers to  
your questions about  
depression.

FONDATION  
JEUNES  
EN TÊTE




# UNDERSTANDING TEEN DEPRESSION






## OBSERVE

### WHAT ARE THE SYMPTOMS AND MANIFESTATIONS OF DEPRESSION?




#### VISIBLE MANIFESTATIONS:

-  excessive irritability
-  constant sadness/bouts of depression
-  loss of interest in all activities




#### PHYSICAL SYMPTOMS:

-  decreased/increased appetite and/or weight
-  sleep problems (insomnia/hypersomnia),
-  fatigue, restlessness, slowness or apathy

#### SUBJECTIVE SYMPTOMS:

-  excessive feelings of worthlessness and guilt
-  trouble concentrating/indecision
-  recurring thoughts of death or suicide

#### CHANGES IN BEHAVIOUR:

-  social withdrawal or dependence
-  drug or alcohol use
-  violence, self-mutilation, denial or resistance

**DID YOU KNOW THAT**  
in Quebec, about 1 in 10 teens  
suffer from depression?

## WHAT'S THE DIFFERENCE BETWEEN FEELING BLUE AND DEPRESSION?

The symptoms of when you're feeling down and when you're suffering from depression can be very similar. Two main factors differentiate them:

- **Length of time;**
- **Symptoms persisting** without improvement.

## WHY IS IT IMPORTANT TO DO SOMETHING ABOUT IT?

Depression can have many consequences on a teen's life, including:

- **Trouble having good relationships** with others;
- **Risk of dropping out of school;**
- Being attracted to **using drugs or alcohol;**
- In some cases, **suicidal thoughts.**

## TALK ABOUT IT



**70% of young people with depression** don't dare talk about their condition out of fear of being judged or disappointing those close to them.

## HOW TO TALK ABOUT IT

A teen experiencing problems needs to be listened to, supported and guided. To allow them to open up to you, choose a **quiet time** and ask them **simple, caring questions** such as:

- How have you been feeling lately?
- What has changed lately?
- Do you feel you want to talk to me about it?

## IF THEY DON'T OPEN UP

Persevere! They need to know that you're concerned, that you're there for them and that they can find a solution.

## HELP



## WHAT CAN I DO TO HELP?

When your teen isn't feeling well, it's best to talk to them about seeing a healthcare professional, who is the only person able to diagnose depression.

## HOW SHOULD I APPROACH MY CHILD ABOUT MEETING WITH A HEALTHCARE PROFESSIONAL?

- Tell your child that they need to have a medical checkup to be sure that their depression symptoms aren't due to a physical illness;
- If psychotherapy is recommended by the doctor, discuss it and its benefits with your child, using examples of positive experiences that you may know about, such as a friend or family member;
- If your child is still closed to the idea of psychotherapy, don't hesitate to exercise your parental duty and require them to get psychological counselling so that they can get better.

