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

Fondation Jeunes en Tête



Fondation Jeunes en Tête

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!

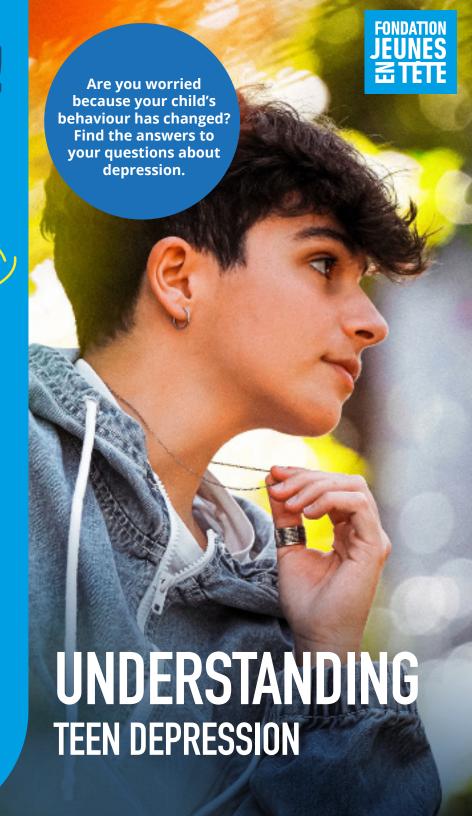
It's important to develop a support network made up of people close to you and healthcare professionals.

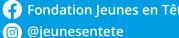
NEED MORE ADVICE ABOUT DEPRESSION, ITS TREATMENTS AND THE RESOURCES **AVAILABLE?**

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.







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.

