

DEPRESSION

What It Is:

A mood disorder characterized by persistent sadness, loss of interest in activities, and other physical and emotional symptoms, such as fatigue, changes in sleep or appetite, and difficulty concentrating.

Impact:

Children with depression may experience low energy, difficulty engaging in school or social activities, and feelings of hopelessness or worthlessness. In severe cases, it can lead to self-harm or suicidal thoughts.

Support Strategies:

- Allow for flexibility and extra time to complete tasks or assignments.
- Provide positive reinforcement and set achievable goals to help build self-esteem.
- Ensure the child has access to counseling services or a support group to address emotional challenges



**YOUR VILLAGE
TRAINING & SUPPORT**

yvtas.com.au

facebook.com/yourvillagetras

Instagram: @yourvillagetras