

# Childhood Depression

## Why am I going to the doctor?

You're going to the doctor because you have an illness called depression.

## What does depression mean?

Some of the problems a child with depression may have are:



- Feeling sad most of the time
- Feeling mad and grouchy most of the time
- Wanting to be by yourself most of the time
- Not wanting your favorite foods any more OR eating too much just to feel better
- Getting a lot thinner or fatter
- Having a lot of stomachaches and headaches
- Not wanting to play with your favorite toys or friends
- Wanting to die or go away for forever
- Having trouble falling asleep at night or not wanting to get up in the morning
- Worrying a lot or feeling afraid that bad things will happen

## Why am I depressed?

- Your brain controls your feelings.
- Sometimes you're happy, sad, angry, excited or worried; that's normal.
- But when you're sad most of the time, your brain isn't working right.
- Depression is not your fault.



## What will the doctor do?

- The doctor will ask you and your family special questions about your feelings.
- The doctor will talk to you about how fast you will get better.
- The doctor will want you to come back to talk about your feelings and how your medicine is working.



**With help, you can feel better again!**

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