

OCT. 2020

DEPRESSION AWARENESS

DEPRESSION IN CHILDREN: SYMPTOMS AND TREATMENT



WHAT CAN I DO?

PARENTS CAN HELP CHILDREN THROUGH THE MAZE OF DEPRESSION BY LOOKING FOR AND RECOGNIZING THE SYMPTOMS OF DEPRESSION IN KIDS. SYMPTOMS INCLUDE:

- **IRRITABILITY OR ANGER**
- **CONTINUOUS FEELINGS OF SADNESS, HOPELESSNESS**
 - **SOCIAL WITHDRAWAL**
 - **INCREASED SENSITIVITY TO REJECTION**
- **CHANGES IN APPETITE -- EITHER INCREASED OR DECREASED**
- **CHANGES IN SLEEP -- SLEEPLESSNESS OR EXCESSIVE SLEEP**
 - **VOCAL OUTBURSTS OR CRYING**
 - **DIFFICULTY CONCENTRATING**
 - **FATIGUE AND LOW ENERGY**
- **REDUCED ABILITY TO FUNCTION DURING EVENTS AND ACTIVITIES AT HOME OR WITH FRIENDS, IN SCHOOL, EXTRACURRICULAR ACTIVITIES, AND IN OTHER HOBBIES OR INTERESTS**
- **FEELINGS OF WORTHLESSNESS OR GUILT**
- **THOUGHTS OF DEATH OR SUICIDE**

**LEARN HOW TO RECOGNIZE WARNING
SIGNS**

GIVE YOUR CHILD EMOTIONAL SUPPORT

ENCOURAGE A HEALTHY LIFESTYLE

HELP THEM FEEL CONNECTED

GET THEM PROFESSIONAL HELP

300 million
people worldwide
experience depression



10/15- VIRTUAL EVENING OF HOPE AND DISCOVERY

NAME: FAMILIES FOR DEPRESSION AWARENESS

DESCRIPTION: FAMILIES FOR DEPRESSION AWARENESS HELPS FAMILIES RECOGNIZE AND COPE WITH DEPRESSION AND BIPOLAR DISORDER TO GET PEOPLE WELL AND PREVENT SUICIDES. WE OFFER EDUCATION, TRAINING, AND SUPPORT TO UNITE FAMILIES AND HELP THEM HEAL WHILE COPING WITH MOOD DISORDERS.

LINK:

[HTTPS://WWW.CHARITYAUCTIONSTODAY.COM/T/EVENING-OF-HOPE-AND-DISCOVERY-803E140A61](https://www.charityauctionstoday.com/t/evening-of-hope-and-discovery-803e140a61)

TICKETS ARE \$25 AND ARE ENTERED FOR A PRIZE

11/1- 11/6

SHEA'S CHASE 5K

THIS RACE INVITES THE COMMUNITY TO MEMORIALIZE SHEA BUT ALSO RAISE AWARENESS AND FINANCIAL SUPPORT FOR MENTAL HEALTH GREENSBORO SO THAT THEY CAN EXPAND THEIR REACH AND PROVIDE FREE PROGRAMS AND RESOURCES TO INDIVIDUALS WHO WANT TO REBUILD A LIFE BASED ON PURPOSE, HOPE, JOY AND PASSION

RESOURCES

FAMILIES FOR DEPRESSION AWARENESS

[HTTP://FAMILYAWARE.ORG/](http://familyaware.org/)

MENTAL HEALTH GREENSBORO SUPPORT (PEER GROUPS, FAMILY SUPPORT GROUPS, TRAININGS)

[HTTPS://WWW.MHAG.ORG/PROGRAMS/](https://www.mhag.org/programs/)

WHO TO CONTACT AT YOUR CHILD'S SCHOOL IF YOU HAVE CONCERNS:

SCHOOL SOCIAL WORKER
SCHOOL COUNSELOR
MENTAL HEALTH COORDINATOR

The NAMI Family-to-Family Education Program is a free, 8 week course for family and caregivers of individuals living alongside a severe mental illnesses

Family And Friends Support Group



NAMI Family Support Group
National Alliance on Mental Illness
CO-HOSTED BY MENTAL HEALTH GREENSBORO

WHEN: TUESDAYS AT 7:00M
FIRST AND THIRD -HOSTED BY NAMI GUILFORD
SECOND AND FOURTH -HOSTED BY MENTAL HEALTH GREENSBORO
FIFTH TUESDAY -NAMI GUILFORD EDUCATIONAL MEETING
WHERE: FIRST LUTHERAN CHURCH ROOM 12A
3600 W FRIENDLY AVE GREENSBORO, NC 27410

NAMI Guilford and Mental Health Greensboro are collaboratively hosting our family support group on Tuesdays for convenience of our members, facilitated on alternate weeks by the two organizations.

****Please note the support group will meet at the same location and time.****

Please join us to gain from or share insight to the challenges and success of others facing similar circumstances.

NAMI Guilford **MENTAL HEALTH GREENSBORO**
National Alliance on Mental Illness
— Advancing Mental Wellness —