



Know The Signs of Depression

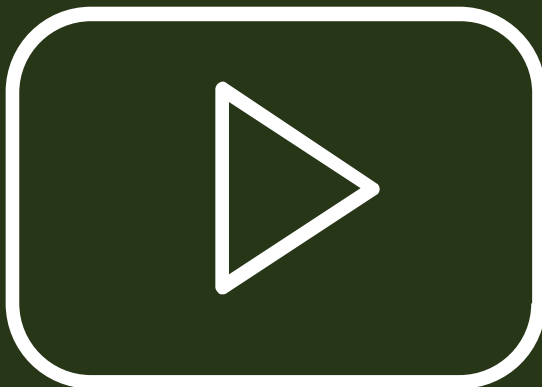


Hello!

This week I want to discuss the symptoms of depression and ways we can help our students who are struggling. Did you know that students who have depression are 2x more likely to drop out of high school than their peers? Even more shocking than that is that 42% of adolescents aged 12-17 did not receive any care for their depressive symptoms in the past year. When depression is left untreated it can leave long-lasting mental and physical impacts on those who have it. On the bright side, if depression is detected early and a treatment plan is put in place, people have every chance of getting better.

- Changes in sleep
- Changes in appetite
- Lack of concentration
- Loss of energy
- Lack of interest in activities
- Hopelessness or guilty thoughts
- Changes in movement (less activity or agitation)
- Physical aches and pains
- Suicidal thoughts

[Check Out This Helpful Video](#)



What Can Everyone Do?

- Talk to the person about what you've noticed and why you're concerned.
- Explain that depression is a medical condition, not a personal flaw or weakness – and that it usually gets better with treatment.
- Suggest seeking help from a professional – mental health provider, such as a licensed counselor, school counselor or psychologist.
- Offer resources!

What Can Teachers Do?

- Offer support and encouragement. Let them know you're available to help.
- Give extra time to complete assignments. Offer extra help.
- Make physical activities a part of your daily classroom routine. This can help ease mild depression symptoms.
- Make brief mindfulness practices a part of everyday instruction.
- Use trauma-informed education approaches. Create and maintain an environment where every student can feel a sense of safety and inclusion. This helps every student thrive.
- Let your school counselors know about your concerns!

Resources Anyone Can Use

- Substance Abuse and Mental Health Services Administration
- Mental Health First Aid
- People Seeking Help :CDC
- National Alliance on Mental Illness



Want to know more? Check out these resources.

- Crisis Lifeline
- Mayo Clinic
- NASP Article



Contact Your Mental Health Navigator:

Abigail Peterson

Mental Health Navigator

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