Mental Health Awareness

This Quarter's Mental Health Topic:

Depression

Depression in children and adolescents is common but frequently unrecognized. It affects 2% of children and 1 out of 7 teens. The diagnosis of depression in children and adolescents has increased over the past ten years. More importantly, if a child or teen is diagnosed with depression, it is more likely that they will also be diagnosed with an anxiety or behavior problem.

Occasional sadness is a normal part of growing up. However, if children are sad, irritable, or no longer enjoy things, and this occurs day after day, it may be a sign that they are suffering from major depressive disorder, commonly known as depression.

So what can we do? The first step is recognizing potential concerns relating to mental health in our children and students. The Watertown City School District takes pride in working together with our community.

Watertown City School District
Home of the **W** **Cyclones**
"School and Community Working Together"

Did you know?

Samaritan Behavioral Health Outpatient Clinic and Community Clinic have walk-in hours where you or your child can see a mental health professional without an appointment. Walk in hours are:

Samaritan	Community Clinic
315-779-5060	315-782-7445
Mon-Thurs	Mon-Fri, not on Thurs
8am-12pm	9am-3pm

What are some signs that my child may have depression?

- Feeling or appearing depressed, sad, tearful, or irritable
- Not enjoying things as much as they used to
- Spending less time with friends or engaging in after school activities
- Changes in appetite and/or weight
- Sleeping more or less than usual
- Feeling tired or having less energy
- Feeling like everything is their fault or they are not good at anything
- Having more trouble concentrating

- Refusing to go to school or having problems at school drop off
- Have frequent stomachaches or headaches with no physical explanation
- Caring less about school or not doing as well in school
- Maintaining a gloomy or hopeless outlook
- Believing that everything is "unfair" or feeling helpless
- May engage in self-harming behaviors
- Having thoughts of suicide or wanting to die

I'm concerned about my child

If you have observed some of the symptoms from the previous page, we at the Watertown City School District are here to help!

Treatment for Depression

Research has shown that the best treatment for depression is therapy or potentially a combination of medication and therapy.

Cognitive Behavior Therapy (CBT) is an evidence-based therapy that has proven to help decrease depressive symptoms. The idea is that how we think and act both affect how we feel, so if we change our depressive thoughts and behaviors, we can feel better. This therapy teaches healthy coping skills and how to utilize them when feeling depressed.

Talk to outside providers!

Contact your child's pediatrician or other health care providers to seek further information about the behavior or symptoms that worry you. Call a mental health clinic to have your child be seen by a mental health professional for an assessment.

Visit our Student and Family Resources page for more resources in our community:

https://www.watertowncsd.org/domain/1405

Communication is important!

Please consult one of our school counselors, school nurses, home school coordinators, or your child's teacher(s) to discuss these concerns. We are better able to help your child if we know what is going on.

WHS: 315-785-3800   Ohio: 315-785-3755

Case: 315-785-3870   Starbuck: 315-785-3765

Wiley: 315-785-3780   North: 315-785-3750

Knick: 315-785-3740   Sherman: 315-785-3760

If your child discloses thoughts of suicide and you believe he/she may be a danger to himself/herself, call Crisis Response or 911.

Some helpful numbers

Crisis Response

315-782-2327

Available 24/7 for crisis intervention

Samaritan Emergency Department

315-785-4102

Emergency Psychiatric Evaluations

National Suicide Prevention Hotline

800-273-8255

Available 24/7

Outpatient Mental Health Clinics

Community Clinic

315-782-7445

Samaritan Behavioral Health

315-779-5060

Child and Adolescent Wellness Clinic

315-779-7170

North Country Children's Clinic

315-782-6400

Carthage Behavioral Health

315-493-3300

Transitional Living Services

315-782-1777