

### **Symptoms of Depression in Children and Young People:**

- Difficulty sleeping or excessive sleeping
- Difficulty concentrating
- Interacting with family/friends less
- Indecisive
- Loss of confidence
- Loss of appetite or overeating
- Weight changes
- Difficulty relaxing
- Feelings of guilt/worthlessness
- Feeling numb
- Thoughts of suicide or self-harm
- Physical symptoms: headaches/stomach aches