

HELPING KIDS COPE WITH DEPRESSION



GET MOVING!

When you are sad or depressed, you may be less active than normal. If you move your body, it produces special chemicals that make you feel better. You can go for a walk, turn on music and dance, practice yoga, or download a movement app, like GoNoodle!



TALK TO SOMEONE

Sometimes it is hard to talk about your feelings. Find someone that you trust and share how you are feeling with them. If you aren't able to talk to that person face-to-face, try calling them or using technology to connect. Parents, be good listeners and encourage openness and honesty.



BE CREATIVE

Do hobbies that you used to enjoy, even if you don't feel like it. Grab a paint brush, sing a song, or listen to a podcast. If you don't have a hobby, try a new one! Join a group of people that share the same interest as you, like a drama, sewing, or sports club.



CHALLENGE NEGATIVE THOUGHTS

Sometimes our thoughts make us feel worse than we did before. You can challenge those thoughts to make them healthier. Ask yourself "Is this thought true?" and "Is it helpful?" If the answer is no, try to replace it with a helpful thought like, "I can do hard things."



PRACTICE GRATITUDE

Find ways to give back to others. You can donate to a food bank or local shelter, reach out to a friend who is having a tough time and give them support, or write letters to people in the community who are lonely. Try writing down the good things that happen during the day, even if they seem small.



FIND A HELPER

- Get connected to a therapist that you can see in person or virtually.
- Call 844-HELP4WV to find mental health help.
- If you are feeling suicidal, call 800-422-HOPE (National Youth Crisis Hotline).
- National Parent Helpline 1-855-4APARENT