

Risk Factors

Family History of
Depression

Single parent without
good support system

Recent loss of a loved
one

Work stress

Difficult family
relationships

Many medical problems

Victim of violence or
abuse

New Mom with child
care stress

Depression can
affect anyone

About one in four
adults suffer from a
mental illness each
year

Even children as young
as four months old can
suffer from depression

Holidays Cause

Distress for

Some

Things You Can
Do To Help

Effects of
Depression on
Children

- + Feelings of sadness
- + Anxiety due to less consistent care giving
- + Depressed adult has less interaction with child

- Express Concern and Sympathy
- Ask questions about how they are managing
- Ask what you can do to help
 - Offer ideas of things you could do
 - Offer to do common tasks with the person
- Include them in your daily tasks
- Inform your friend that mental illness is treatable and can be cured
- Give hope and encouragement
- If you are worried about their

safety, call for help for them!