

- ❖ It is not uncommon for children and adolescents to come across as “moody” or to experience changes in their mood during the day.
 - ❖ Children and adolescents often experience moodiness and irritability when they are pre-pubescent or going through the biological changes associated with puberty which can begin as early as age 8 for girls and age 9 for boys.
 - ❖ Children and adolescents who are moody or simply having a difficult day are typically still interested in socializing with family members and friends, attending school and keeping up with homework, and participating in after-school activities. Additionally, their eating and sleeping habits will remain the same.

**IS YOUR STUDENT
DEPRESSED,
MOODY,
OR
HAVING A BAD DAY?**

When children and adolescents are experiencing symptoms of **DEPRESSION** and may be in need of supportive therapy, you will notice one or more of the following indicators:

- ❖ Their sad mood persists for several days or weeks.
- ❖ Irritability or bouts of anger persist for several days or weeks.
- ❖ An inability to calm themselves down or cheer themselves up.
- ❖ Difficulty keeping up with their regular routine (getting up in the morning, maintaining their hygiene, going to school, participating on sports teams, etc.).
- ❖ Changes in their appetite (eating more or eating less).
- ❖ Changes in their sleeping habits (difficulty falling asleep, sleeping more or sleeping less).
- ❖ A tendency to isolate themselves from family members and friends, or to have frequent conflicts with others.
- ❖ Difficulty making or keeping friends.
- ❖ Difficulty concentrating or making decisions.
- ❖ Expressions of hopelessness (“Things will never get better”).
- ❖ Expressions of suicidal thoughts (“I don’t want to be here anymore”).

For more information on depression or to obtain a free clinical consultation regarding a student, please contact:

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