DEPRESSION AMONG CHILDREN
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Depression does not only affect adults. Children are affected by this condition as well. For children, it could be difficult sometimes to notice since some adults think these young ones are immune to this. That can be blamed to the connotation that children are happy people who do not think about problems in life.

Depression is often unrecognized and untreated. People who suffer from this condition are not even aware they have it. If they do, most of them do not seek treatment. The reasons are many. Some lack recognition that the symptoms they are showing are not depression at all but mood swings or just the blues.

Some are embarrassed to admit they are depressed. They also consider the confidentiality of being tagged as a depressed individual. For them, depression carries a stigma of mental illness. Others think about the financial costs of seeking treatment. Most insurance companies do not cover this condition in their benefits list. Some others do not seek treatment because the feelings of helplessness and hopelessness brought about by depression prevents them from consulting professionals.

The very same is true for children. First of all, some parents do not readily notice that their children could be suffering from depression. If they do, the above mentioned concerns would be their dilemma.

However, it is very important to take notice and action when a child is suffering from depression. For these young ones, the effects could be graver and may have more lasting effects on them. Effects that they can carry on to adulthood.
Adults can help by ensuring that these children get the proper medical attention they need. Do not allow the child to isolate himself. Providing support and love are of utmost importance. Do not let the child feel like he is not like the other children. Encourage and boost his morale to participate in activities in school, the church, and the community.

Depressed children need love and encouragement. As adults, the guidance and positive support we can give them can most benefit them to be better and feel better.

References: