

# Depression in Children and Adolescents

*The following information is for parents/caregivers of children and young people aged 5-18 years*



## Why might depression occur?

Depression in children is often due to a number of factors, such as:

- Unfavourable life events (e.g. death of a loved one, divorce)
- Physical, sexual, emotional abuse or bullying
- History of depression or parental depression

## Signs of Depression

- Feelings of sadness, hopelessness, or irritability
- Focusing on problems and faults
- Loss of interest in activities once found enjoyable
- Lack of energy
- Changes in eating patterns

## What can you do?

- Offer support and opportunity to talk and listen
- Support healthy behaviours such as exercise and nutrition
- Encourage routine bedtime and sleep behaviours
- Speak with a healthcare provider or helpline

## Potential treatment options to discuss with a healthcare provider

- Individual digital cognitive behavioural therapy
- Individual or group in-person cognitive behavioural therapy
- Non-directive supportive therapy
- Group or family psychotherapy

## Contact a healthcare provider if your child experiences any of the following

- Any of the symptoms listed above
- Self harm
- Changes in behaviour or personality that seem to go on for a few weeks
- Withdrawn or anxious behaviour
- Neglecting self-care (e.g. unwashed skin, clothing or hair)

**If you are concerned that your child is in crisis, may be experiencing suicidal ideation or is at risk of self-harm, maintain a safe environment for them and contact emergency authorities right away**

[National Institute for Health and Care Excellence \(NICE\). Depression in children and young people: identification and management. 2019.](#)

<https://www.ccgi-research.com/>

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## All of Canada

- [Kids Help Phone](#) 1-800-668-6868 or text "CONNECT" to 686868
- [Youthspace.ca](#) text 778-783-0177
- [First Nations and Inuit Hope for Wellness Helpline](#) 1-855-242-3310
- [Crisis Services Canada](#) 1-833-456-4566 text 45645

## Alberta

- An initial call to 211 is a great first step in navigating which resource or helpline may be best for you
- Bullying Helpline 1-888-456-2323  
[Chat & Resources](#)

## British Columbia

- Youth in BC Distress Line  
1-866-872-0113
- [Children & Youth Resources](#)

## Manitoba

- [Klinic Crisis Line](#) 1-888-322-3019
- [Manitoba Suicide Prevention & Support Line](#) 1-877-435-7170

## New Brunswick

- [Chimo Helpline](#) 1-800-667-5005
- Crisis Line 506-450-4357

## Newfoundland & Labrador

- [Bridge the gap](#)
- 811 HealthLine 1-888-709-2929
- Pediatric Telephone Advice Line  
1-866-722-1126

## Northwest Territories

- NWT Helpline 1-800-661-0844  
[Resources](#)

## Nova Scotia

- [Mental Health Mobile Crisis Team](#)  
902-429-8167

## Nunavut

- [Kamatsiaqtut Nunavut Helpline](#)  
1-800-265-3333

## Ontario

- [Good2Talk](#) 1-866-925-5454 or text  
686868
- Mental Health Helpline 1-866-531-  
2600

## Prince Edward Island

- [Mental Health Mobile Crisis Team](#)  
902-429-8167

## Québec

- Youth in BC Distress Line  
1-866-872-0113
- [Children & Youth Resources](#)

## Saskatchewan

- [Klinic Crisis Line](#) 1-888-322-3019
- [Manitoba Suicide Prevention & Support Line](#) 1-877-435-7170

## Yukon

- [Mental Health Mobile Crisis Team](#)  
902-429-8167