

depression ^[1]

Type of Speech:

noun ^[2]

Definition:

1. a condition characterized by persistent feelings of sadness, hopelessness, and inadequacy. Students with depression may show a decline in academic performance, seem sad or irritable, lack energy, or no longer take pleasure in activities they used to enjoy.
2. an area that is sunk below its surroundings; a hollow or hole.

Additional Information:

A depressive episode may resolve itself, but a person who has experienced one episode of depression is likely to have others later in life, and later episodes may be more severe. Depression can be triggered by stressful changes in a student's life, such as parental divorce or death.

Psychotherapy can help treat depression. Antidepressant medications are also used, but their use in children is controversial. Children and adolescents suffering from depression, like adults with depression, sometimes commit suicide. Suicide threats should be taken seriously.

In school. A depressed student might find it helpful to meet with the school counselor. Depression can interfere with students' ability to complete their work, but continued support is important. With treatment or with time, dramatic improvement is possible.

For further explanation:

- [Mental Health America](#) ^[3] provides a [factsheet](#) ^[4] about children and depression that covers basic facts, symptoms, causes, and adult interventions.
- HealthyPlace.com provides a [student's perspective of struggling with depression](#) ^[5] and contains suggestions for teachers dealing with students who are depressed.

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Links

^[1] <https://www.ncpedia.org/glossary/depression> ^[2] <https://www.ncpedia.org/category/parts-speech/noun> ^[3] <http://www.mentalhealthamerica.net/> ^[4] <http://www.mentalhealthamerica.net/conditions/childrens-depression-checklist> ^[5] <http://www.healthyplace.com/depression/articles/talking-with-your-school-age-child-about-depression/>