



*Canadian Psychiatric
Research Foundation*

When Something's Wr ng

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Ideas for Teachers

Behaviour Characteristics

- ❑ voiced hopelessness
- ❑ increased irritability or agitation
- ❑ lack of energy or excessive fatigue
- ❑ indecision, lack of concentration, or forgetfulness
- ❑ frequent physical complaints, such as headache or stomach ache
- ❑ social withdrawal; e.g., from peers and extra curricular activities
- ❑ decrease in grades and missed assignments
- ❑ eating disturbance, weight loss or weight gain
- ❑ significant sleep disturbances
- ❑ suicidal writings or notes
- ❑ may show addictive behaviour, such as heavy smoking, heavy drinking, heavy use of other drugs, or increased use of these substances

Classroom Strategies

- Don't compare the child to others; instead, make positive statements that reflect his/her own past successes.
- Express optimism that the child will again be able to perform up to his/her own ability.
- Don't take it personally when your efforts appear to be rejected—the depression has led to distorted thinking and perceptions, making it impossible for him/her to respond with appreciation.
- Provide other expressive outlets, such as journal writing, creative writing, drawing, role playing and drama.
- Make a special contact with the student each day—maybe a specific greeting at the door followed by a question about something that has been of interest to him/her.
- Educate all your students whenever and wherever possible about the topic of depression and the warning signs of suicidal thinking and behaviour.
- Encourage a healthy lifestyle, especially lots of physical exercise, which creates mood-enhancing hormones in the body.
- Get help immediately if you are aware that the student is expressing suicidal thoughts.

Treatment

Treatment of depression includes medication or a specific psychotherapy such as Cognitive Behavioural Therapy or Interpersonal Therapy. Particular attention to the possibility of suicide must be maintained.

Resources

Child and Adolescent Bipolar Foundation

1187 Wilmette Avenue
P.M.B #331
Wilmette, IL 60091
Phone: (877) 927-5437 or
(847) 256-8525
Web: www.bpkids.org

The Mood Disorders Society of Canada

3-304 Stone Road West,
Suite 763
Guelph, ON N1G 4W4
Phone: (519) 824-5565
E-mail:
info@mooddisorderscanada.ca
Web:
www.mooddisorderscanada.ca

Also Relevant:

Canadian Centre on Substance Abuse (CCSA)

Phone: (613) 235-4048
Web: www.ccsa.ca

Centre for Addiction and Mental Health

Phone: (416) 535-8501
Web: www.camh.net

Centre for Suicide Prevention

(Information and resources available; can direct you to local or provincial organizations and services; can direct you to local crisis centres)

Suite 320
1202 Centre Street S.E.
Calgary, AB T2G 5A5
Phone: (403) 245-3900
Web: www.suicideinfo.ca



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For further information
or to donate, contact:

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