

# My Dad Has Depression

**WHAT IS DEPRESSION?**  
Depression is an illness that changes how a person feels, thinks, and uses their energy. It is not a choice, and it is not anyone's fault.



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**WHAT MIGHT I NOTICE?**  
When someone has depression, they might:

Feel very sad or tired a lot



Find it hard to smile, talk, or play



Everyone with depression is different. Some days are better than others.

Want to be alone more than usual



Get upset or quiet more easily



**IS IT BECAUSE OF ME?**  
No. Your dad's depression is not your fault. Nothing you did caused it, and you cannot fix it.



**YOUR DAD IS NOT IGNORING YOU.**  
He is not well.



**DOES MY DAD STILL LOVE ME?**  
Yes. Your dad loves you just as much as always. Depression can make it hard for him to show how he feels, but the love is still there.



**CAN DEPRESSION GET BETTER?**  
Yes. Depression can be treated. Doctors, medicine, talking, rest, and support can help. It can take time, but many people do feel better.



**REMEMBER**  
You are not alone.  
You are not to blame.  
It is okay to ask questions.  
It is okay to talk about your feelings.

**WHO CAN I TALK TO?**  
You do not have to keep this to yourself. You can talk to:

Another adult in your family



A teacher or school staff member



A nurse, doctor, or counsellor



**TALKING HELPS.**



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