

My Mum 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.



www.SocialWorkersToolbox.com

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

Feel very sad or tired a lot



Want to be alone more than usual



Find it hard to smile, talk, or play



Get upset or quiet more easily



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



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



YOUR MUM IS NOT IGNORING YOU.
She is not well.



DOES MY MUM STILL LOVE ME?
Yes. Your mum loves you just as much as always. Depression can make it hard for her to show how she 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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