

About every two hours, a young person kills him or herself.



Childhood/Youth Depression is Treatable
Know the Warning Signs.
Get Help.

Depression is more than just “feeling blue” or having a bad day. And it’s different from feelings of grief or sorrow that follow a major loss, such as a death in the family. It’s not a personal weakness or a character flaw. Children and teens with clinical depression cannot simply “snap out of it.” Depression is a serious health problem that impacts feelings, thoughts, and actions and can appear as a physical illness. As many as one in eight teens and one in 33 children have clinical depression. Fortunately, depression in youth is treatable.

For more information call or E-mail Iowa Federation of Families for Children’s Mental Health At:
319-462-2187(phone) 888-400-6307(toll free)
help@ifcmh.org www.ifcmh.org