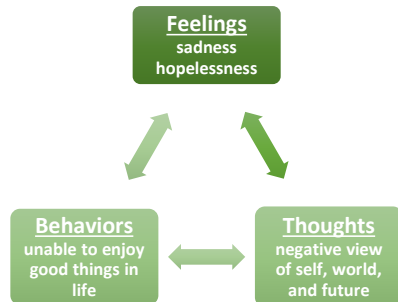


How to Support Your Child with Depression



What is Depression?



At times, we all feel sad. Depression is not the same as a mood swing or frustration. It affects our feelings, behaviors, and thoughts, and can last for weeks, months, or longer.

Supports at Home

Helpful Thoughts

- Stop unhelpful thoughts
- Help your child know their unhelpful thoughts
 - ex: She doesn't want to hang out with me.
- Help your child think of a helpful thought by asking:
 - Are there other ways to look at the situation?
 - What are some other possibilities?

Beliefs

- Unhelpful thoughts can turn into unhelpful beliefs (ex: No one loves me). These questions can help question the belief.
 - Am I making this situation bigger than it is?
 - Am I expecting too much of myself or someone else?
 - Am I jumping to conclusions?

Problem Solve

- Help your child learn how to problem solve by asking these questions:
 - What is the problem?
 - What are some answers to the problem?
 - Are any answers NOT helpful?
 - What might be the best answer?

There can be certain situations that stir up depression.
Help your child choose how to respond to them:

Don't respond to situation

Think of situations that can be ignored.

Change the response

Think of different ways to respond to stressor.

Avoid the situation

Think of people you want to spend time with in your life.

Change the situation

Think of what you can do to change the situation.

Cope with situation

Think of ways to cope with stressful situations.

HOW DEPRESSION CAN LOOK

- Irritable mood
- Trouble sleeping or concentrating
- Change in grades
- Getting in trouble at school
- Not going to school
- Change in eating
- Feeling angry or irritable
- Feeling worthless
- Sadness or crying
- Avoiding friends & activities
- Less energy
- Thoughts of death or suicide

BOOST ACTIVITIES

- Fun activities: help your child be a part of fun activities.
- Success activities: help your child be a part of activities that they feel success.

PARENT TIPS TO BOOST ACTIVITIES

- Schedule activities in advance
- Don't let yourself back out
- Make a promise to another person
- Decide on a time and place
- Make a "to do" list
- Think about problems and ways to support them

Therapist and Mental Health Providers in Mid-Missouri who Support Depression

Psychological Services Clinic

211 S 8th Street
Columbia, MO 65211
573-882-4677
Ages Served:
Children/adolescents, adults,
couples, and families

Rebekah Freese

Mayer, Flanagan, Scott and Associates
3407 Berrywood Dr., Ste., 200
Columbia, MO 65201
573-443-1177
Ages served:
Children/adolescents (0-19),
individual adults, couples, and
families

Ada Gallup

Kelly Jackson Counseling,
M.Ed., PLPC
409 Vandiver Dr.
Bldg. 4, Ste 102
Columbia, MO 65202
(573) 239-6642
Ages served:
Children/adolescents (3-19),
individual adults, couples, and
families

S. Alicia Heard

Rise Counseling, LLC
601 W. Nifong Blvd. Bldg. 5A,
Ste 1
Columbia, MO 65203
573-397-8016
Ages served:
Children/adolescents (3-19),
individual adults, couples,
families

Patrick Kane, LCSW, DCSW

Heartland Center for Men and Women
2100 E Broadway
Ste 213
Columbia, MO 65201
(573) 449-0120
Ages Served:
Children/Adolescents (14-19),
individual adults, couples, and
families

Allison Norfleet, LPC

Safe Harbor Counseling, LLC
2625 Fairway
Fulton, MO
573-826-0308
Ages Served: 5-9 years old;
10-14 years old; 15-19 years
old; Adults; Families

Victoria Day, M.Ed.

201 W. Broadway, Building 3-I
Columbia, MO
573-214-0436
Ages Served: 15-19 years old;
Adults

Melissa Rapp, LCSW

Pathways, Family Counseling
Center
403 Dysart St
Columbia, MO 65203
(573) 234-2463
Ages served:
Children/Adolescents (11-17)

Misty J. Werkmeister

409 Vandiver
Blog 4 Ste 100
Columbia, MO 65202
(573) 682-4985
Ages Served:
Children/Adolescents (3-19),
individual adults, couples, and
families

Tara Lusby

Kiessling and Associates
108 E Green Meadows Rd
Ste 9
Columbia, MO, 65203
(573) 821-5370
Ages Served:
Children/Adolescents (9-19)
and individual adults

Luanne Andes, LCSW

3610 Buttonwood Dr., Suite
262
Columbia, MO
573-886-8986
Ages Served: 10-14 years old;
15-19 years old; Adults;
Couples; Families

Sharon Cantrell-Brush, LCSW

Inner Reflections Child &
Family Counseling
601 W. Nifong Bldg. 5
Columbia, Mo.
573.442.9669
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Adults;
Couples; Families

Stephanie Parsons

1310 Old Highway 63 S
Ste 1
Columbia, MO 65201
(573) 874-8818
Ages served:
Children/adolescents (5-19),
individual adults, couples, and
families

Sandra Rahm

323 E Morgan
Ste D
Boonville, MO 65233
(660) 537-5228
Ages served:
Children/Adolescents (6-17),
individual adults, couples, and
families

Mary Ellen Degnan, Ph.D.

MU Psychological Services
Clinic
211 S. 8th Street
Columbia, MO
573-882-4677
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old

Erica Healy

Healy Christian Counseling,
LLC
601 W. Nifong
Bldg. 5A
Columbia, MO 65203
573-356-1127
Ages served:
Children/adolescents (2-19)

Kelly Jackson, LCSW

409 Vandiver Dr., Building 4,
Suite 102
Columbia, MO 65202
573-289-0792
Ages served:
Children/adolescents (0-19),
individual adults, families

Cate Johnston, LCSW

201 W. Broadway, Suite 3-I
Columbia, MO
573-214-0436
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Adults

Julia Lee, LPC

Family Facets
701 Vandiver Dr.
Columbia, MO
573-886-7422 ext. 0
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Adults;
Couples; Families

Toby Mills-Sandoval, LCSW

2014 Austin Ave.
Columbia, MO
573-200-0479
Ages Served: 10-14 years old;
15-19 years old; Adults;
Couples; Families

Melinda Motter, LPC

Counseling Associates
1310 Old Highway 63 South
Suite 1
Columbia, MO 65201
573-874-8818
Ages served:
Children/Adolescents (3-19),
individual adults, couples,
families

Jessica M. Beasley

600 W Morrison St. Ste 18
Fayette, MO 65248
Ages served:
Children/adolescents (3-19),
Individual adults, couples,
families

Elizabeth Ryberg

Ryberg Counseling
601 W. Nifong Blvd.
Suite 5A
Columbia, MO 65203
573-239-4827
Ages served:
Children/Adolescents (ages 0-
19), Families, Parent
Consultation

Kayan Phoebe Wan

Student Health Center
1020 Hitt St
DC 800.00
Columbia, MO 65201
573-882-5461
Ages served: Individual
adults, couples

Kate Weir, Ed.S., LPC

Kate Weir Counseling, LLC
601 W Nifong Building 5A
Columbia, MO
573-808-4522
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Parent
Consultations

Rebecca Williams

Lawrence Oliver & Associates
201 W Broadway
Building 2, Suite F
Columbia, MO 65203
573-214-0436
Ages served:
Children/adolescents (0-19),
families

Christine Woods, LCSW

Integrative Community
Services
PO Box 85
Columbia, MO
573-864-3538
Ages Served: 9-19 years old

For additional services, including agency supports, please visit:
<http://youthmentalhealth.missouri.edu/referraldirectory.html>