

# Depression and Anxiety

What's the difference?



## **What is depression?**

Bupa describes depression as an illness which has lots of symptoms which can be different for different people.

The symptoms of depression are long lasting and although some days are better than others, symptoms are quite often felt every day. The feelings are persistent.

## **Some signs of depression in children**

- sadness or low mood that does not go away
- not being interested in things they used to be interested in
- feeling exhausted all the time
- having trouble sleeping more than usual
- talking about feeling worthless
- having thoughts about suicide or self-harm

## **What can you do if you think your child might be have depression?**

- talk to your child, try to find out how your child is feeling
- let them know that you are taking them seriously, you are there for them
- if your child doesn't want to talk to you, help them work out who they feel they can talk to
- contact their school and speak to pastoral staff with your child
- make an appointment for your child to see the GP



## **What is anxiety?**

The symptoms of depression and anxiety can sometimes overlap with anxiety being a symptom of depression.

However, it is important to note that, at times, we can all experience anxiety; it is a natural reaction to overwhelming stress or fear.

Feeling anxiety can sometimes be good as it's our body's natural warning sign to threat.

## **Some signs of anxiety in children**

- finding it hard to concentrate
- not sleeping or night waking, including bad dreams
- not eating properly
- getting angry or irritable
- constantly worrying or having negative thoughts
- feeling tense or fidgety
- being clingy
- complaining of tummy ache or feeling unwell