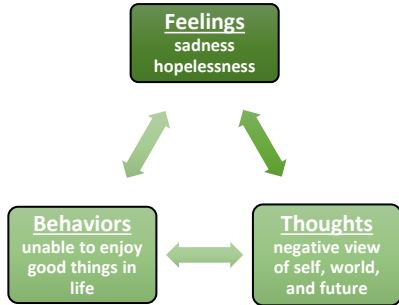


How to Support Your Child with Depression



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?

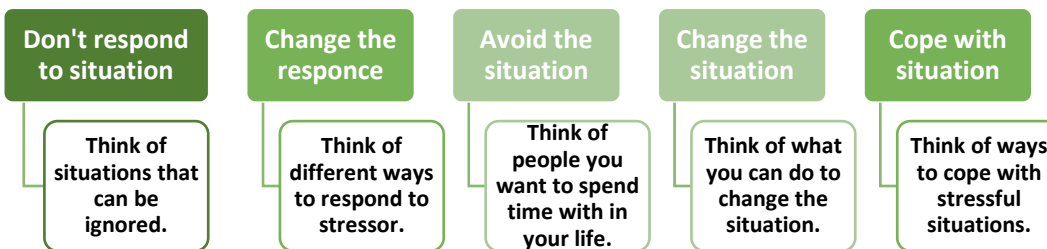
Beliefs

- 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:



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 Lt. 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>