

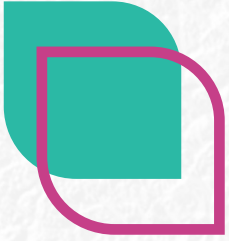
**Sullivan**  
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CLINICAL PSYCHOLOGY



## CHILDREN AND TEENS

# *What does depression look like in children and teens?*

- Feeling sad, crying more, or just not expressing as much joy as before
- Not wanting to play with their favourite toys or books
- Saying they aren't hungry even though they haven't eaten or eating way more than usual
- Moving like they are in slow motion or getting very antsy and fidgety
- Having a harder time getting to sleep and staying in bed through the night or difficulties waking up in the morning
- Complaints of being tired and having no energy
- Being really hard on themselves
- They stop listening or doing what they are asked
- Wishing they didn't exist or planning their own death
- Physical health complaints like headaches or stomach aches
- Avoiding going out with friends and wanting to spend more time alone
- Being more reactive to things that don't usually bother them
- Not putting the same effort into schoolwork leading to a drop in grades



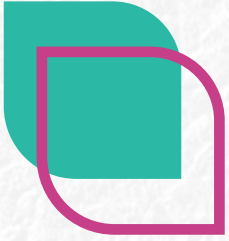
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## CHILDREN AND TEENS

# *What are some signs my child or teen might have Obsessive Compulsive Disorder (OCD)?*

- Doing things over and over again like handwashing, counting, or checking
- Doing things a certain way because they think something bad will happen if they don't
- They might understand that their behaviour doesn't make sense but need to do it anyway
- Getting very upset or anxious if they are forced to change these behaviours
- Thinking a lot about scary things, like their family getting hurt
- Trying very hard not to think the scary thoughts even though it doesn't work
- Avoiding specific things or places because of fear or anxiety
- Refusing to leave the home, even to spend time with friends or do things they enjoy



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## CHILDREN AND TEENS

# *How do I know if my child or teen has Attention-Deficit/Hyperactivity Disorder (ADHD)?*

Children with Attention-Deficit/Hyperactivity Disorder (ADHD) have difficulties with attention, hyperactivity, or both. Attention difficulties in children can look like:

- Difficulty understanding and remembering long instructions with multiple steps
- Needing help finding things because they often seem to get left behind or go missing
- Their attention is easily grabbed by other things
- Unwillingness to do things that are hard or that they don't like
- Things like homework or chores rarely seem to get finished
- Waiting until the last minute to do things
- Difficulty keeping track of time and often doing fun things for hours
- Having a hard time remembering things they need to do, like what they have for homework
- Daydreaming or getting lost in their own thoughts and seeming like they aren't listening
- Difficulties with hyperactivity in children can include:
  - Having a hard time waiting for their turn to play or talk
  - Getting upset when things take too long
  - Having a lot to say and sharing all of their thoughts even when its quiet time
  - Cutting people off so that they can talk or saying things without thinking
  - Moving around a lot, even when it is time to sit still
  - Seeming uncomfortable and restless when forced to stay in one place for a while
  - Fidgeting or tapping their hands or feet, or keeping their hands busy playing with something
  - Getting involved in other's conversations or games without being invited