

Depression In the Classroom



Depression is a mental health condition that can have serious effects on young children and/or adolescents. Use this Flyer to help identify concerning behaviour inside your own classroom & what the next steps are.

Behavioural & Emotional Signs

- Withdrawal from friends.
- Loss of interest in activities previously enjoyed.
- Frequent absences or lateness.
- Persistent Sadness.
- Heightened sensitivity to criticism.
- Overwhelmed by small challenges.
- Low energy/fatigue in class.
- Changes to appetite and/or sleep.

What you CAN DO

These simple and actionable steps can help you;

- Check in with the students privately (outside the classroom) in a supportive way.
- Listening to the student without judgement when explaining how they feel.
- Document their patterns of behaviour on their schooling system (Sentral).
- Follow through with the wellbeing/referral procedures.

What NOT TO DO

- Do not dismiss their behaviour as “being lazy”.
- Promising a student confidentiality when they are involved in a conversation about how they’re feeling if a risk is disclosed.
- Try and manage any serious concerns with the students alone.

When to Seek Immediate Help

When you have been observing these behavioural/emotional variations that withstand for over 2 weeks. This will be through specific events such as;

- A student disclosing that they are thinking or planning to disappear from the world.
- Self-harm behaviours/ideologies.
- Statements or active plans to end their own life.

Use the Support Networks at School such as your Head Teacher, Deputy Principal and/or Principal. You are also entitled to access the Employee Assistance Program (EAP) through your Staff Portal.