

Parent Talk

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How To Know If You Have Depression

Depression can be a tricky thing. Often, it creeps in without us knowing it, and if you're not as familiar with some of the symptoms of clinical depression, it can be easy to assume that what you're experiencing is just normal fluctuations in your mood. In this guide, we provide some critical warning signs to be aware of if you suspect you or your child may have depression.

The Feeling Is Persistent

Clinical depression is usually separated from normal feelings of sadness or anxiousness by the fact that it is extremely persistent. Things like bad moods or off days are usually more fleeting and resolve with minimal effort quickly. With depression, the intense feelings linger for a long period of time with little to no improvement.

There Are Physical Symptoms

Depression comes with a host of physical symptoms as well. Your body can feel heavy and tired, or in some cases, very numb. Body pain is also a common physical sign of depression, such as headaches, joint pain, muscle pain, and an overall sense of extreme fatigue. Sometimes depression can even produce gastrointestinal troubles such as nausea and changes to your appetite.

Your Sleep Schedule Is Impacted

Depression can have significant impacts on how we sleep. It's common for those with clinical depression to experience severe changes in their sleep schedules on either side of the spectrum. Some people start to sleep too much (more than 10 hours per day), while others find themselves up for hours, unable to get more than a few hours of rest per night. Our sleep is directly tied to our mental health, so this is a particularly important sign to keep an eye on.

There Are Behavioral Changes

When someone is experiencing intense depression, it will almost always have an impact on their behavior. A general change in mood and temperament is very common, but you can specifically experience emotions like apathy, restlessness, hopelessness, irritability, and forgetfulness that are persistent and have a profound impact on social and family relationships.

If you suspect you or your child may have depression, don't worry alone! [Contact us today](#) to schedule a free phone screen to discuss your concerns and start your treatment journey.

Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

MANVILLE SCHOOL →

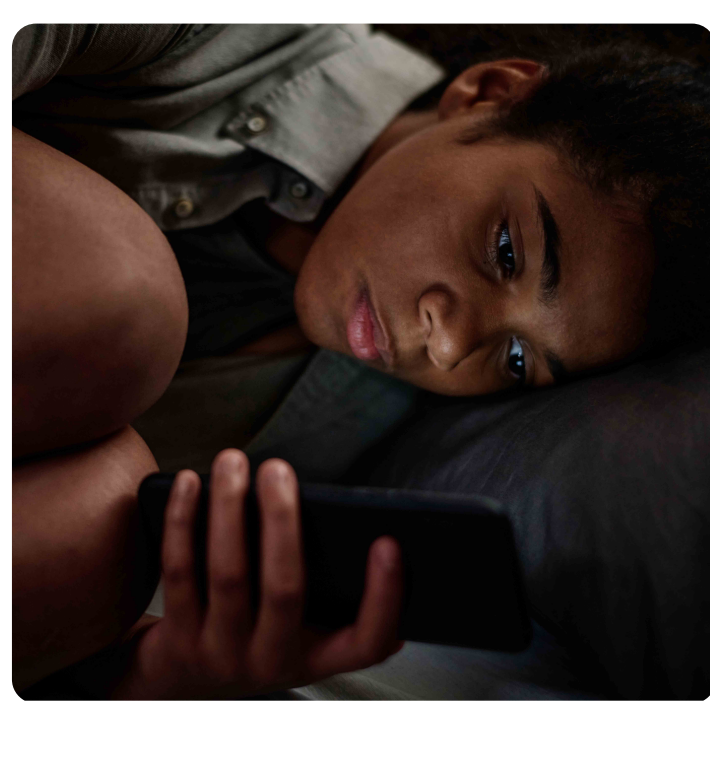
Therapeutic Summer Camp

CAMP BAKER →

College Preparation

NEXT STEP →

Featured Resources



Navigating Levels of Care

In this seminar, we will discuss the difference between levels of care (outpatient, inpatient, residential, etc.) and how to navigate the system for your child.

[LEARN MORE](#)

Identifying And Treating Depression In Youth

In this seminar, we will explore how we can support children and teens by identifying and securing effective treatment for depression.

[LEARN MORE](#)

Safety Planning For Your High Risk Or Depressed Teen

In this seminar, we will discuss teenage depression, how to assess treatment and manage the risk of self-harm and suicidal ideation, and how to proactively plan for your child's safety when they're struggling with mental health.

[LEARN MORE](#)

How Do I Know If My Child Is Depressed?

Approximately 16% of children and teens in the United States have expressed struggles with depressive symptoms. This might be an underestimate of the overwhelming impact of depression; many believe rates have risen due to increased isolation during the pandemic and teen social interactions occurring more online and via social media.

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How Can I Help My Child With Their Depression?

If you think that your child or teenager is battling depression, whether you have recognized symptoms or if they have told you that they are struggling, it may be time to seek out some support from professionals.

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