

My child's mood summary

Symptoms observed

Symptoms reported by my child

Teenage Depression

How long have symptoms been around for (more than two weeks)?

How often are the symptoms coming up (almost every day)?

Any obvious things that make it worse

Ways in which symptoms are interfering (at school, with friends, at home)

Any concerning behaviours or thoughts (e.g. risky behaviours or suicidal thoughts)

Things that seem to help