

Taking Note of Your Concerns

Talking with your Child's Doctor

Not all physicians are trained to look for mood disorders, such as depression, so before you visit the doctor, take some time to jot down your concerns - moods, behaviors and/or physical symptoms you are seeing in your child. This can be done on your phone, a computer or in a journal.

I think there is a problem because...

I heard my child say...

I saw my child do...

My child is feeling...

This is not my child's normal behavior because...

I've seen this change in my child over the past ____ weeks or ____ months.