

# Sharing information with family and caregivers

## Choose the right time and place

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- It is crucial that you respect your child's comfort level on when they are ready to talk to others
- Consider your child's preferences. Do they want to share the information or do they want you as a parent/caregiver to share it for them?

*You can say:* "Hey everyone, can we all sit down together for a few minutes? We want to talk to you about something important"

## Define the diagnosis

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- You might need to have some additional educational resources for your family to understand your child's diagnosis

*You can say:* "I've been diagnosed with depression. Depression is a common yet serious mental health disorder that affects how we feel, think, and act. It is treatable and it can happen to anyone"

## Describe what you are going through

- Describe your child's experience and how it has affected them or have them share it themselves

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*You can say:* "Depression can bring feelings of sadness and loss of interest in activities you once enjoyed. It can affect your ability to function at school or work. For example (child's name) has had a difficult time with (describe personal experiences here)"

"It's a feeling of sadness that will not go away. It can look like sleeping too much or not sleeping at all, not being able to, or wanting to join or enjoy activities. It can also look like not eating enough or overeating. It feels like losing joy in something you used to enjoy and love"

## Talk about treatment

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- If comfortable, share what your child's treatment is so that they can understand what is happening in the home

*You can say:* "I'm working with my doctor to find the best treatment plan for me. I'm currently (taking medication/seeing a therapist/doing self-care activities), and I'm hopeful that I'll be able to manage my symptoms."

## Share how they can help in this process

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- Let your family members know how they can support you. Be honest and clear about your needs and feelings. They might have suggestions or ideas, share your comfort in listening to their input.

*You can say:* "I would really appreciate your support during this time. It would mean a lot to me if you could (fill in your needs). I'm feeling (describe your feelings), but I'm hopeful that with your support, I can get through this."