

**Depression and self-harming behavior among children and young people:
main trends and how everybody can help young people to recover from
depression**

Reigo Reppo, psychiatrist and child and adolescents' psychiatrist, *Psychiatric Clinic of the Tartu University Hospital, Mental Health Center for Children and Adolescents*

Depression and self-harming behavior is more common among adolescents and even children. There is increasingly lack of mental health workers to meet the need for specialized services, therefore also the relatives and close ones, social workers and other medical specialists (e.g. general practitioners, pediatricians etc.) need to take more responsibility for giving primary mental health care. The lectures subject is to give primary hints managing the emotions and everyday performance of depressed child and adolescent. The empathic and interested approach of caregiver is the most important predictor on supporting the depressed child and adolescent. The close one's good words may help more, than the antidepressant prescribed by psychiatrist.