

**Depression and self-harming behavior among children and young people:
How can we understand this and what is important to consider when
helping?**

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Mood disorders and self-harming behavior are a growing problem faced by professionals working with children. Depression can be difficult to detect in children due to age. The smaller the child, the less he expresses himself in the same way as adults. The purpose of this presentation is to provide answers to questions about how to recognize depression at different ages. The subject is also how to differentiate between normal teenage mood and depression. More and more teenagers are intentionally injuring themselves, whether by cutting themselves or in some other way. The subject is sensitive and complex, and it is not always easy to get in touch with these young people due to their high sensitivity. The presentation discusses how to understand such young people and what to consider when helping, based on the principles of Marsha Linehan's dialectical behavioral therapy. So why don't they always want to hear our good advice?