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**Help Me I'm Sad: Recognizing Depression in Children**  
*Psychiatric Association Brings Mental Health Topics to Chicago*

**ARLINGTON, Va. (Sept. 30, 2008)**—Bouts of sadness in childhood are normal, but up to a quarter of children will experience depression before they finish high school, and clinical depression in children seems to be on the rise.

Frequent sadness that won't go away, crying, hopelessness, withdrawal, loss of interest in activities, and changes in sleep, appetite or energy are some of the key signs of depression, said David G. Fassler, M.D., who wrote the book, *Help Me, I'm Sad: Recognizing, Treating and Preventing Childhood and Adolescent Depression*. Fassler will describe how intensity and duration can be used to distinguish depression from sadness as he discusses other warning signs and risk factors associated with childhood and adolescent depression at a public forum this weekend in Chicago.

The free public forum, which focuses on a variety of mental health issues, is scheduled Saturday, Oct. 4, from 1:30 p.m. to 5 p.m. at the Palmer House Hilton during the American Psychiatric Association's Institute on Psychiatric Services meeting in Chicago. The forum includes music by the blues band The SlackDaddies and talks by leading psychiatrists on mental health policy, depression in minority populations, facts about schizophrenia, alcohol and drug abuse and personality disorders.

Fassler is a board certified child and adolescent psychiatrist and clinical professor in the Department of Psychiatry at the University of Vermont. He is a member of the boards of the American Psychiatric Association, Mental Health America, and the Child and Adolescent Bipolar Foundation. He has also testified before Congressional committees and the Food and Drug Administration.

For more information visit [Psychiatric Update for People of Chicago](#).

The American Psychiatric Association is the nation's leading medical specialty society whose more than 38,000 physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at [www.psych.org](http://www.psych.org) and [www.HealthyMinds.org](http://www.HealthyMinds.org).

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