

# DEPRESSION

## A Guide for Educators

It can be challenging to have students in the classroom who are dealing with a mental health issue like depression, but educators can take action to help fight depression and support students while also keeping their own mental health in check.

### Develop a collaborative relationship with students

Autistic children are able to focus better if there are no bright lights or loud sounds which can overwhelm them. Try to enforce the idea of equality among students and treat everyone in the same manner so that they don't feel the discrepancy



### Avoid negative techniques

Strategies such as punishment, sarcasm, disparagement, passive aggression etc. can reinforce feelings of incompetence among students. Support and words of encouragement go a long way.



### Make adjustments or accommodations to assignments

Educators can give more time, break assignments into smaller pieces, offer extra help in setting up schedules or study habits, provide flexibility in assignment schedules, or pair the student with others who express an interest in helping as part of a range of classroom adjustments.



### Keep your own mental health in check

Take time off work and have some time to focus on yourself. As an educator, you do not have to be a trained mental health specialist and take on all the problems of students. You can refer them to professionals if it is too overwhelming for you at any point.

