



News Release

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MIGHT YOUR CHILD OR TEEN BE DEPRESSED ?

Tampa, Fla. (June 1, 2007) Have you noticed changes in your child or teen that have left you wondering what might be wrong? Review the following characteristics that might indicate the presence of depression or some other problem:

- **Social withdrawal:** Your child or adolescent expresses verbally or in their behavior a desire to remain isolated or restricted to a narrow peer group for weeks or months. They might stay in their room or not choose to participate in family or social events.
- **Isolation from peer group:** Your child or adolescent might stop spending time or interacting with a previously close group of friends.
- **Symptoms of depression:** Your child or adolescent might be more irritable, angry or sad. They might express feelings of being bored in situations they would previously considered being fun.
- **Their grades might begin to drop and they might not do their work when assigned or to the same level of attention as previously done.**
- **They might argue more or become abusive.**
- **You might notice that they do not pay as much attention to their personal grooming and/or hygiene.**
- **You might suspect that they are turning to substances such as alcohol or drugs to medicate their mood.**
- **You might notice a change in their sleep habits (sleeping less or sleeping more but still being tired) and appetite (eating less or eating more than usual).**
- **You might hear your son or daughter making comments that are out of the ordinary for them such as “I wish I were dead” or “I don’t care about anything anymore.”**
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Always take the above seriously – especially any statement as listed in the last point. Sometimes we think that our child or teen is just “going through a phase” or will “grow out of it.” Parents, more than anyone, know when something is not quite “right” with a child. Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that the holidays are meant to be a time of celebration, fellowship and giving of thanks.

About Wood & Associates

Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since 1982. The firm’s diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.

Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.

Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress

Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.