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According to recent studies, an estimated 3.2 million children in the United States between the ages of 3 and 17 have been diagnosed with [depression](#). Unfortunately, many cases go unnoticed or untreated, resulting in long-term consequences hindering a child's overall well-being.

Parents need to recognize and understand the signs of [depression](#) in their children. By staying vigilant and seeking help, we can empower our children to cope with mental health challenges and improve their overall quality of life.

Early intervention is critical when it comes to addressing childhood depression. Ignoring the symptoms, such as anxiety, low self-esteem, fatigue, and persistent unhappiness, can affect a child's emotional development and future well-being.

Research indicates that children with untreated [depression](#) are at a higher risk of academic underachievement, substance abuse, and suicidal thoughts. Parents inadvertently contribute to perpetuating this harmful cycle by ignoring these warning signs.

Parents are encouraged to join the movement and educate themselves about the potential consequences of ignoring childhood depression. They can ensure a brighter future for our children by fostering a supportive environment that promotes mental health and well-being.

About [Reflection Lifestyle](#)

Reflections is a Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) that provides meaningful treatment to adolescents in middle and high school (ages 11-18) and adults (ages 18-65) suffering from mental health, substance use, and co-occurring disorders.



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