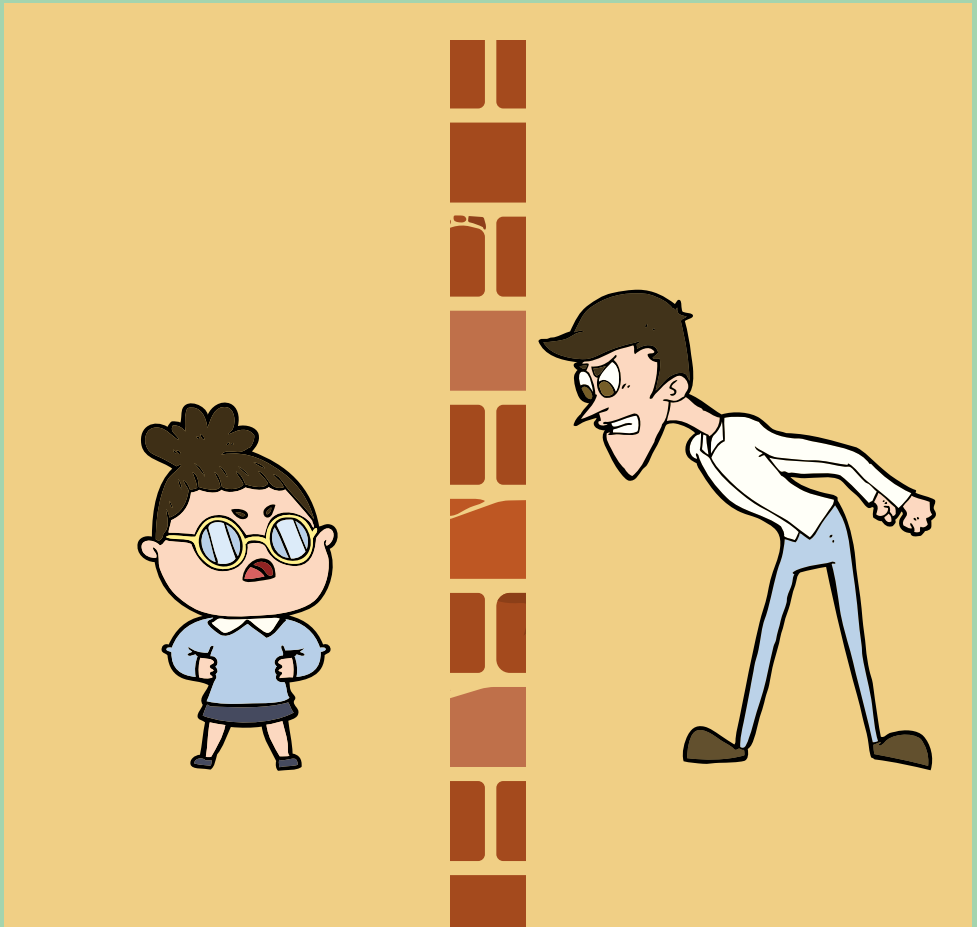




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EFFECTIVE COMMUNICATION

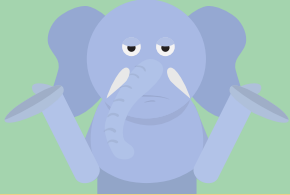


COMMUNICATION AND RECOVERY

Poor communication increases the likelihood of teenage depression.

Depression makes communication **more challenging**.

Effective communication greatly improves one's **chances of recovery!**



BE GENTLE BUT PERSISTENT

Depression causes teenagers to withdraw and isolate themselves. Do not get discouraged if your child refuses to talk to you, but keep the invitation to talk open and continue to let them know you are there to listen.

LISTEN, NOT LECTURE

Your child may feel pressured if you keep giving orders or advice. Instead, try listening attentively to them.

- **Ask open questions** without judgement
- **Summarise** and repeat what you hear to make sure you understand your child correctly
- **Empathise** with your child and put yourself in his/her shoes



Be specific

Good work on helping to mop the floor.

Thank you for helping out.

Praise immediately

I see you've been studying more diligently. Great work!

Good job on studying hard last week.

No orders or criticism

Thank you for helping to buy the groceries.

Thank you, but you should have bought it sooner.

Be sincere

I'm so proud of you for taking care of your sister. Thank you!

Taking care of your sister wasn't so hard, right?

ENCOURAGE EMOTIONAL REGULATION

- **Acknowledge** your child's emotions even if they seem irrational or silly to you
- **Encourage** your child to talk about his/her feelings
 - Do not tell your child how he/she should feel
- Be a positive example by **managing your own emotions**





OTHER TIPS FOR PARENTS

- **Make time** each day to talk to your child
- **Show trust** by allowing privileges and responsibilities
- **Do fun activities** together
- **Do not** try to talk your child **out of depression**
- Give your child **privacy**, e.g. knock before entering his/her room
- Stay updated on **his/her interests**

TIPS FOR TEENAGERS

Depression can make you feel like closing yourself off from your friends and family, and you may sometimes feel it is pointless to talk to your parents. Although it may take time, persevering with communication can help your parents understand your condition and how to support you better.

- **Choose a mode of communication** that suits you and the situation. Talking in person may be more effective than texting, while texting may be less stressful.



- **Stick to the facts.** While it may be easier to ignore an issue, bringing up something important to you can prevent conflicts from growing.

- **Pick a time and place** where everyone would be most comfortable talking, so it would be easier to regulate your emotions.



- **Share positive, light-hearted things** with your parents to build a positive relationship that can better withstand difficult times.

IPMDA

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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