

Teen Depression

Depression is not normal teen moodiness; it is a medical condition that interferes with a child's life and may have long-lasting symptoms. Depression can lead to suicide. Treatment is essential. Consider these facts:

1. Depression begins in adolescence.

- At least half of all cases of depression begin by age 14.

2. Teen depression is common.

- By the end of their teen years, 20% will have had depression.

3. Depression is treatable.

- More than 85% of teens improve with a combination of medication and therapy.

4. Over 65% of teens don't receive treatment from a mental health provider.

5. Untreated depression has serious consequences.

It can lead to

- Substance abuse
- Academic failure
- Bullying
- Eating disorders
- Suicide, which is the second leading cause of death among 15- to 24-year-olds.

Understanding Teen Depression

FREE WEBINAR

Thursday, March 21, 2019
7:00 PM ET

Featuring Dr. Mary Fristad

Register at www.familyaware.org/trainings

Signs of Depression: What Parents or other Adults May Notice

- Irritable or cranky mood
- Loss of interest in sports or other activities, withdrawal from friends and family, relationship problems
- Failure to gain weight as normally expected
- Excessive late-night activities, having difficulty falling asleep or staying asleep, having trouble getting up in the morning, frequently late for school
- Taking a long time to complete normal tasks, pacing back and forth, excessive repetition of behaviors
- Social withdrawal, napping, withdrawal from usual activities, boredom
- Making critical comments about themselves, having behavior problems at home or school, being overly sensitive to rejection
- Poor performance at school, drop in grades, frequent absences
- Frequent complaints of physical pain (headache, stomachache), frequent visits to school nurse
- Preoccupation that life is meaningless
- Writing about death, giving away favorite toys or belongings, "You'd be better off without me."

If you are concerned about these issues, here are some things you can do:

- Learn about teen depression and how you can help by viewing our **FREE webinar, Understanding Teen Depression** on Thursday, March 21, 2019 7:00 PM ET, and afterward on demand. Register at www.familyaware.org/trainings.
- View additional resources about helping a teen at <http://www.familyaware.org/teen>.
- If a teen you know has been thinking about death or suicide, page their clinician, call 9-1-1, or take them to their local emergency room immediately.

Families for Depression Awareness is a national nonprofit organization empowering families to recognize, address, and cope with depression and bipolar disorder to get people well and prevent suicides.

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