

Depression



Do you know the findings show that 1 out of every 8 adolescents has teen depression.

Why do adolescents get depression? There are multiple reasons why a teenager might become unhappy. Grades, social status with peers, sexual orientation, or family life can each have a major effect on how a teen feels.

What are the symptoms of teen depression?

Teens with depression will show noticeable changes in their thinking and their behavior. They may have no motivation or even become withdrawn.

Signs of Teen Depression

- ***Change in eating habits- includes loss of interest in food – or overeating***
- ***Criminal behavior- rebellious behavior***
- ***Sudden drop of grades***
- ***Sadness or anxiety***
- ***Difficulty concentrating***
- ***Irresponsible behavior- being late for class/skipping school***

- ***Use of alcohol/drugs***
- ***Promiscuous sexual activity***
- ***Withdrawal from friends***
- ***Staying awake at night/sleeping during the day***
- ***Memory loss***
- ***Difficulty making decisions***
- ***Complaining of pains-stomach aches, low back pain, fatigue, headaches***
- ***Inappropriate or excessive guilt***

Why do people get



depressed?

There is no single cause for depression. Many factors include:

- ***Genetics-*** *Depression runs in families. Not every one who gets depression has the genetic make-up though.*
- ***Family & Social Environment-*** *Negative and stressful atmosphere*
 - unhappy family*
 - high stress living situation*
 - violence*

-neglect

- **Life Events**

- death (family, friend or pet)

- divorce

- Changing schools- moving

(These events can go beyond normal grief and sometimes lead to depression)

- **Medical Conditions**

- Undiagnosed learning disabilities

- Hormone changes

- Physical illness

More Symptoms of Depression?

- **Depressed mood- most of the time**

- **Lack of energy- feeling tired all of the time**

- **Withdrawal from friends and family**

- **Irritability, anger**

- **Pessimism and indifference (not caring about anything)**

- **Thoughts of death/ suicide**

When someone has five or more of these symptoms most of the time for two weeks or longer, that person is probably depressed.

How is depression different from just being SAD?

Depression is a strong mood involving sadness, despair, hopelessness that last for weeks or months. It interferes with ones daily living. They will feel tired, irritable and you will see changes in their appetite. They usually have negative self image thoughts, and can also feel unloved. They might pull away from close ones and even pull away from activities they once enjoyed. Depression can be mild or severe. At its' peak, depression can create feelings of despair, that they think about suicide.

Severe Depression



People who have been extremely depressed for a period of time might get to a point when they start to think about hurting themselves. When depression gets to this point, it is a very real medical emergency, and an ADULT must be notified.



Get HELP

Depression is one of the most common emotional problems, but also one of the most treatable conditions.

Treatment includes- Talk therapy-medication- or a combination of both.

