

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.

Teen Depression—What Schools and Parents Can Do When Help is Refused FREE WEBINAR

What can you do if a teen with depression doesn't want help? Learn how to identify depression in teens and intervene with effective communication techniques to help a teen that may be reluctant to start treatment. Join our discussion with Dr. Nancy Rappaport, expert in teen depression.

www.familyaware.org/trainings

Signs of Depression: What Parents or Teachers 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, Teen Depression— What Parents and Schools Can Do When Help is Refused** . 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.

www.familyaware.org * 781-890-0220 * info@familyaware.org