

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 15-24-year-olds*.

Free Webinar
Teen Depression
Tuesday, April 28
6:00 – 7:00 PM ET
Presented by
Dr. Nadja Reilly
Register at
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 more about teen depression by viewing our **FREE Teen Depression Webinar**, Tuesday, April 28, 2015 at 6:00 PM ET. Register at www.familyaware.org/trainings.
- View additional resources at www.familyaware.org/teens.
- 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.

*For a more detailed Teen Depression Fact Sheet, including citations, please visit www.familyaware.org/teens.

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