

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 Through 3 Lenses: *Young Adult, Parent, Clinician*

FREE WEBINAR

**Tuesday, March 1st
7:00 – 8:15 PM ET**

Join us for a discussion with
Dr. Mary Fristad, an expert in teen depression,
Emma, who has struggled with depression
and found great support from her family,
David, Emma's father, who has helped her through hard times,
and **Sheila**, a mother who has supported sons
with depression, one of whom died by suicide.

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 about teen depression and how you can help by viewing our **FREE webinar, Teen Depression Through 3 Lenses: Young Adult, Parent, Clinician**, on Tuesday, March 1, 2016 at 7:00 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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