

SIGNS OF DEPRESSION IN TEENAGERS



CHANGES IN MOOD

- Feelings of sadness or hopelessness
- Increased irritability, frustration, anger, or impatience
- Lack of motivation or enthusiasm
- Feeling fatigued or having a lack of energy

CHANGES IN BEHAVIOR

- Withdrawing from friends or family
- Loss of interest in previously enjoyable activities
- Sleeping/eating noticeably more or less
- Drug and/or alcohol use
- Thoughts or attempts at suicide

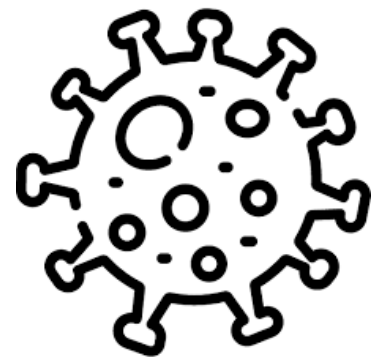


PROBLEMS AT SCHOOL

- A drop in grades
- Loss of motivation for school work
- Procrastination on school work
- Harsh self criticism

DEPRESSION DURING A PANDEMIC

Teenagers are suffering during this time due to important events such as school dances, sports events, and graduation being cancelled or changed. The lack of daily face-to-face socialization may also be affecting your teen. Feelings of grief and sadness are common during this time, but depression can easily develop during these stressful times.



WHAT CAN YOU DO?

- Check in with your teen and listen to them
- Plan family or school activities to keep your teen active and socially engaged as much as possible
- Research therapists and psychiatrists near you
- Understand that depression is a common disorder that can be treated with therapy and/or medication

RESOURCES

Suicide Prevention Lifeline.

<https://suicidepreventionlifeline.org>

1-800-273-8255

The Trevor Project. (LGBT+ Youth)

<https://www.thetrevorproject.org>

1-866-488-7386

