

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



- Do you often feel sad, anxious, worthless, or even "empty"?



- Have you lost interest in activities you used to enjoy?



- Do you get easily frustrated, irritable, or angry?

- Do you find yourself withdrawing from friends and family?



- Are your grades dropping?

- Have your eating or sleeping habits changed?



- Have you experienced any fatigue or memory loss?



- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?



- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.



- **Try to spend time with friends or family**, even if you don't feel like you want to.



- **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



- **Try to keep a regular sleep schedule.**



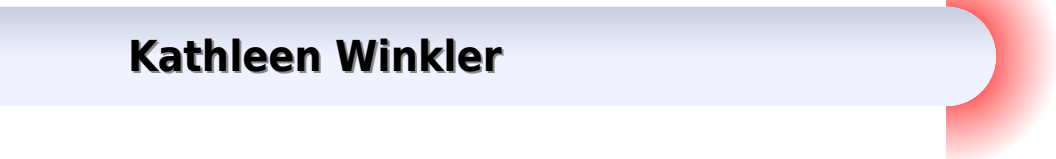
- **Eat healthy foods.**

You're not alone, and help is available. You can feel better.

To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.

Teens Depression And The Blues A Hot Issue

Kathleen Winkler



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Disabilities and Disorders in Literature for Youth Alice Crosetto, Rajinder Garcha, Mark Horan, 2009-09-01 This reference volume identifies almost 1 000 resources to help educators professionals parents siblings guardians and students understand the various disabilities and disorders faced by children today

Stress and Depression Jane Bingham, 2009 In depth coverage ideal for student reports Topics correlated to health education curriculum standards Series developed in consultation with a mental health consultant Case studies present real world scenarios Reader friendly It s a Fact and In Focus boxes with current statistics and topical information Full color photographs that connect readers to the text Resources for support assistance or further information Glossary to help build health literacy Index

Teens, Depression, and the Blues Kathleen Winkler, 2000 Discusses the causes symptoms and sometimes deadly effects of depression and provides information on where help is available for those suffering from this illness

Depression and Mood Disorders Judith Levin, 2008-08-15 This book explains in practical language what depression is how to identify it and how to treat it Using an approachable tone this book invites readers who might otherwise be scared off by such a topic

Runaway Teens Renée C. Rebman, 2001 Provides extensive real life examples and statistics as well as a thorough discussion of the many reasons behind why teens become runaways

Multiethnic Teens and Cultural Identity Bárbara Cruz, 2001 Discusses the many issues facing teens of multiethnic descent including discrimination and the search for ethnic identity in an unsympathetic culture

Teen Smoking and Tobacco Use Barbara A. Moe, 2000 Describes why teens smoke the dangers of all types of tobacco use and ways to quit the habit

Female Body Image Rosemary Genova DiBattista, 2002 Details the effects that the media has on body image describes how women adorn and alter their bodies to conform and explores how to develop a positive body image despite what society considers ideal

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