



# Depression and Your Teen

4 out of 5 teenagers who attempt suicide **show clear signs** beforehand. Learn the signs today.

## Signs of Depression

- Sad or depressed mood (expressed as anger or irritation in children & teens)
- Appetite changes and/or sudden changes in weight
- Sleep changes (hypersomnia/insomnia)
- Difficulty concentrating
- Moving extra slow or extra fast
- Thinking about death or dying, or thinking about or attempting suicide
- Withdrawing socially
- Neglecting their responsibilities (school work, chores, sports etc.)
- Substance Abuse
- Unexplained physical pain (stomach aches, headaches)
- Self Criticism

Over **20%** of young adults have a mental illness

While many teens can experience some of these symptoms and not be struggling with their mental health, if symptoms are persistent and last more than 2 weeks, you want to talk to a professional

**If you are confused about whether your teen could have depression or another mental illness please talk to a mental health provider. Only 38% of teens with mood disorders end up getting the help they need.**

**HELP IS AVAILABLE**

