

### 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.\*

#### Free Webinar

### Teen Depression

Wednesday, September 30  
7:00 – 8:00 PM ET

Presented by  
Dr. Michael Tsappis

Register at  
[www.familyaware.org/trainings](http://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**, Wednesday, September 30, 2015 at 7:00 PM ET. Register at [www.familyaware.org/trainings](http://www.familyaware.org/trainings).
- View additional resources at [www.familyaware.org/teens](http://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](http://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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